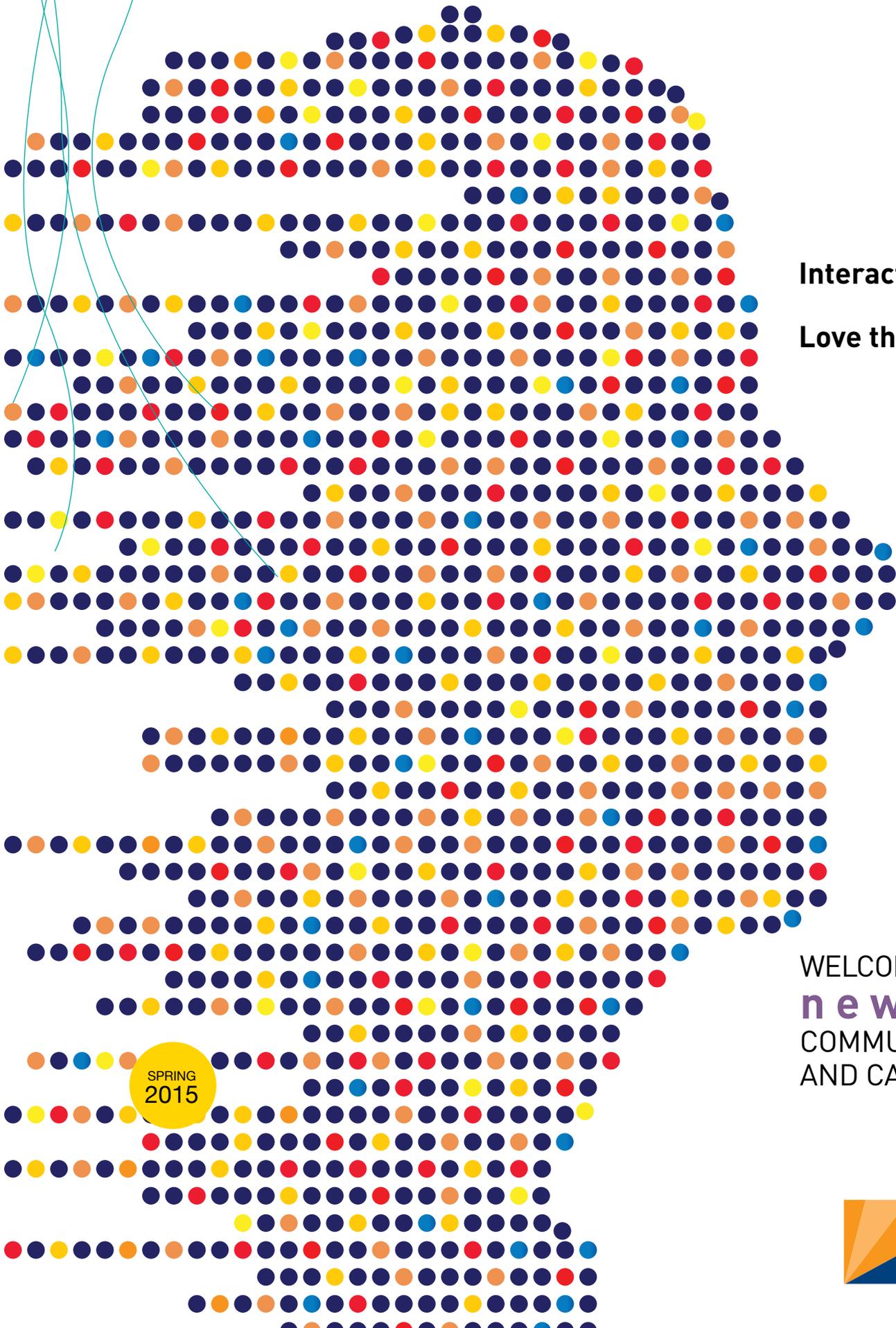


# well aware



**Interactive Anatomy 101**

**Love the ARTICHOKE**

SPRING  
2015

WELCOME TO YOUR SPRING  
**new vitality**  
COMMUNITY CLASSES  
AND CALENDAR



**Chilton  
Medical Center**  
ATLANTIC HEALTH SYSTEM

## DEAR FRIENDS,

It sure feels great to thaw out, doesn't it? Yes, spring has arrived, and it's time to get out there and enjoy the pleasant weather together.

Because we're your partners in wellness, we're bringing you a New Vitality calendar brimming with ideas for local springtime events and activities. Check out our listings and share them with your friends and family.

We also feature some simple oncology questions and answers fielded by a house expert, along with stories explaining the health benefits of artichokes and even waterbirth.

With heartfelt thanks,

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

# contents



## DEPARTMENTS

- 3 In Brief
- 5 New Vitality Community Calendar of Events
- 12 Nutrition: Artichoke Love
- 13 Registration Form

## FEATURES

- 4 Oncology Q&A With Michael J. Kane, MD, FACP
- 15 Planning for the Future With an Advance Directive
- 15 Maternity Focus: *Waterbirth*



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).

**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@atlantichealth.org](mailto:well.aware@atlantichealth.org)

*Well Aware* is published for Atlantic Health System by Wax Custom Communications.

For additional information, visit [atlantichealth.org](http://atlantichealth.org).

Follow us on Facebook:  
[/MorristownMedicalCenterNJ](https://www.facebook.com/MorristownMedicalCenterNJ)  
[/NewtonMedicalCenterNJ](https://www.facebook.com/NewtonMedicalCenterNJ)  
[/OverlookMedicalCenterNJ](https://www.facebook.com/OverlookMedicalCenterNJ)  
[/ChiltonHealth](https://www.facebook.com/ChiltonHealth)  
[/GoryebChildrensHospitalNJ](https://www.facebook.com/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 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 its respective field.

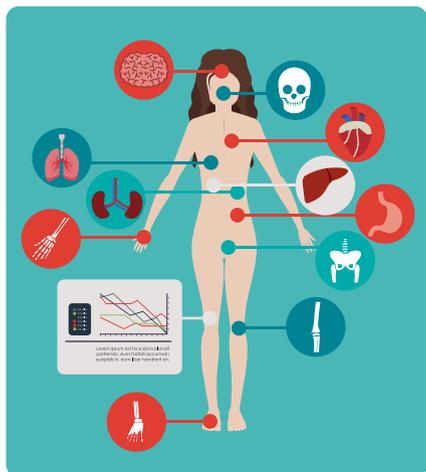
**OFFICIAL HEALTH CARE PARTNER**



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



Disclaimer: The information contained within this magazine and website is not intended as a substitute for professional medical advice, for which your physician is your best choice. The information in the articles, on the website or on the sites to which it links should not be used as the basis for diagnosing or treating any medical condition. Reproduction of *Well Aware* in whole or in part without written permission from the publisher is prohibited. Copyright ©2015. All rights reserved.



## ANATOMY 101: Our Interactive Body Guide Makes Sense of Symptoms

**A**tlantic Health System's Body Guide is the new digital way to walk yourself through a map of the human body, so when you get sick, you can decipher your symptoms and see how they are rooted in basic biology. Our handy electronic anatomy lessons provide you with important information about the basics of the following systems:

- Cardiovascular
- Digestive
- Endocrine
- Immune
- Lymphatic
- Muscular
- Nervous
- Reproductive
- Respiratory
- Skeletal
- Skin
- Urinary

Visit [atlantichealth.adam.com](http://atlantichealth.adam.com) today to access our Body Guide and learn more about your body's basic setup. It's an engaging way to increase your knowledge about organs, muscles and bones so you can understand the information your doctor gives you during visits and might even give you the chance to break down a confusing diagnosis for a friend or family member.

## Hit by Spring Fever?

**B**elieve it or not, spring fever is very real. Do not worry, though: Its only symptom is a surge in energy that your body may experience as days lengthen and you're exposed to more sunlight. This extra stimulation changes your hormone levels, resulting in an added boost of motivation to stay up a little later, take on more projects and enjoy more fitness and exercise activities.

In the winter, the extra darkness causes your melatonin levels to rise. Melatonin is a natural sedative, which for most people just causes them to sleep more and maybe gain a little weight — a situation that experts identify with the hibernation behavior of our ancestors. For some people, however, the extra melatonin can trigger winter depression, also called seasonal affective disorder, and they require treatment with special lamps that simulate the effect of sunlight.

In the springtime, however, the extra sunlight causes a decrease in melatonin, which is why you never hear the expression "spring depression." As melatonin levels subside, the result is an increase in energy that leads to everything from spring cleaning to spring break. What is the best cure for spring fever? Use the energy to get things you've been putting off done, take a vacation or get back into a fitness regimen.



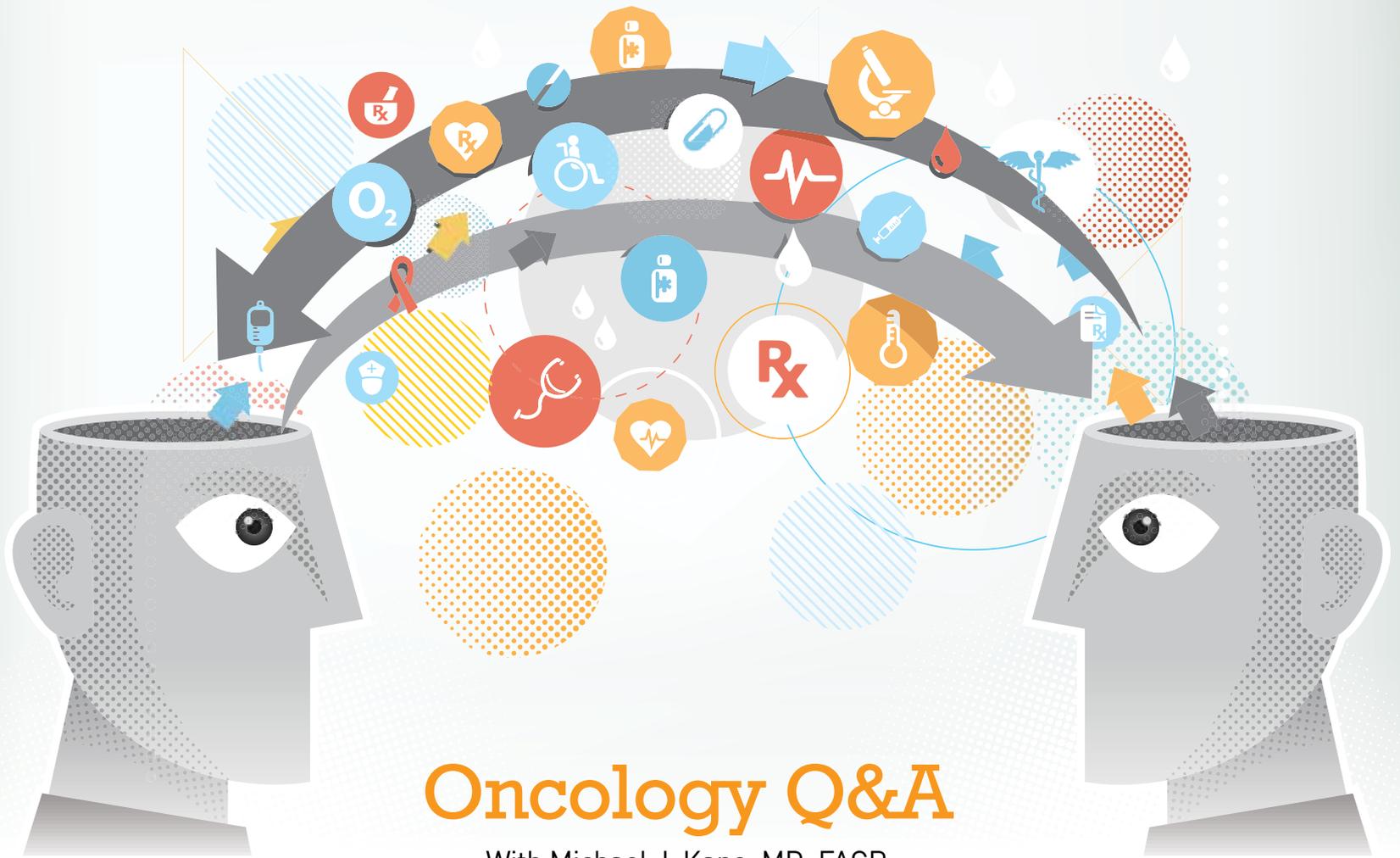
## SPRING BACK INTO FITNESS

Looking to lose the weight you put on during those dark, sleepy winter months? Here are three fun, nontraditional exercises that can help get you back in shape. Use them to supplement your existing routine — or start a new one.

- **Jump Rope** is an exciting fitness trend that you can enjoy both indoors and outdoors. It's not just a children's game anymore. Gyms across the country offer classes teaching new jump rope techniques that help people burn calories without the use of fancy equipment. It's the simple, fun, inexpensive way to shape up for summer.
- **Kettlebells** are the latest alternative to traditional dumbbells. They're shaped a

little differently: Each has a handle on the top, allowing exercise enthusiasts to swing them around for holistic movements that burn calories and tone muscles. Gyms offer kettlebell classes, but you can also use them solo, since most gyms now carry a rack of these innovative weights.

- **Exercise Balls** offer a fun and healthy way to tone abdominal muscles. These light, inflatable, often colorful balls are the perfect alternative to working out on a flat, stable surface. When you sit on an exercise ball, its curved surface causes your body to compensate for its small movements by engaging abdominal and back muscles to maintain balance. These result in increased tone and definition.



# Oncology Q&A

With Michael J. Kane, MD, FACP

**Q. YOU HAVE A TRUE PASSION FOR ONCOLOGY. WHAT DRIVES YOUR COMMITMENT?**

**A.** Given the fact that cancer is the second leading cause of adult death in the United States — and increasing in incidence as our population ages — I felt there was a pressing need for oncology specialists. In addition, I believe it is vitally important that we bring leading-edge cancer care to people, right in their own communities.

**Q. WHAT HAS BEEN THE MOST PROFOUND INNOVATION IN CANCER CARE SO FAR?**

**A.** The most significant breakthrough is the realization that not all cancers are alike, even those that appear to share similarities. For example, we now know that breast cancers that are hormone receptor-positive should be treated differently than other breast cancers — because targeted therapies can dramatically improve a patient’s prognosis. We also know that not all cancers require radiation therapy, and that many breast cancer

patients do just as well with a lumpectomy as they do with mastectomy. For patients with certain lung cancers, we even have a pill that is twice as effective as chemotherapy, without the challenging side effects.

**Q. WHAT IS YOUR VISION FOR CHILTON’S CANCER CENTER?**

**A.** Ninety-five percent of patients who are diagnosed with cancer should be able to receive care within their own community: And that’s exactly what I anticipate at Chilton Medical Center. In partnership with the hospital staff and physician colleagues, my focus is to expand, strengthen and coordinate all of our cancer services so patients and their doctors will feel secure in knowing that the resources they need are available within our network of providers.

**Q. WHAT KIND OF DEVELOPMENTS CAN OUR PATIENTS EXPECT TO SEE?**

**A.** We’ve already created a recurring multidisciplinary cancer conference. Every week, a panel of specialists evaluates

and discusses treatment for new cancer patients, who essentially receive five or six consultations within days of their diagnoses through this process.

In the coming months, patients will also benefit from upgrades to our infusion suites for chemotherapy and new support services, such as genetic and nutrition counseling. They will have greater access to clinical research trials and subspecialists from all of our Atlantic Health System hospitals, as well as the Rutgers Cancer Institute of New Jersey. And we’re planning several facility renovations. Our goal is to build a center of excellence — and to be the first stop for cancer patients in our community. ▶

*Michael J. Kane, MD, FACP, is a board-certified medical oncologist, specializing in breast and gynecologic cancers. He is the new medical director of community oncology for Atlantic Health System and founder of Atlantic Medical Oncology, with offices serving the Chilton Medical Center community.*

## 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, May 7 to June 25

**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, May 4 to June 29 (no class May 25)

**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, May 5 to June 23

**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, May 7 to June 25

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

**FEE:** \$40 for all eight 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, May 7 to June 25

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

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

### YOGA — Beginner

Bring a small blanket and a mat for the floor.

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

**DATE:** Tuesdays, May 5 to June 23

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

**FEE:** \$40 for all eight 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, May 5 to June 23

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

**FEE:** \$40 for all eight 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](http://chiltonneighbors.org).



### FREE SLEEP HEALTH SCREENINGS

Visit [chiltonhealth.org](http://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.

## 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, May 4 to June 29  
(no class May 25)

**AND/OR**

**DATE:** Wednesdays, May 6 to July 1  
(no class May 27)

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

**FEE:** \$40 for each eight-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, May 6 to July 1  
(no class May 27)

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

**FEE:** \$40 for all eight 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, May 5 to June 23  
**AND/OR**

**DATE:** Thursdays, May 7 to June 25

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

**FEE:** \$48 for each eight-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, May 5 to June 23

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

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

### **EXERCISE IN DISGUISE!**

Hula Hooping is a low-impact, calorie-burning workout. Join us for this waist-whittling class and have fun. Hula Hoops provided.

**TIME:** 6:00 to 6:45pm

**DATE:** Thursdays, May 7 to June 25

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

**FEE:** \$64 for all eight 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, May 4 to July 6  
(no class May 25 and June 8)

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

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

**AND/OR**

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

**DATE:** Thursdays, May 7 to June 25

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

**FEE:** \$48 for all eight 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, May 6 to July 8  
(no class May 27 and June 10)

**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, and 9:00 to 11:00am on 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.



## TABATA

Tabata training is one of the most popular forms of high-intensity interval training. It consists of eight rounds of exercises in specific 20-seconds on, 10-seconds off intervals. Each round lasts for four minutes.

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

**DATE:** Mondays, May 4 to June 29 (no class May 25)

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

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

## 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, May 6 to June 24

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

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

## ZUMBA GOLD

Improve balance, strength and flexibility.

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

**DATE:** Mondays, May 11 to July 6 (no class May 25)

*AND/OR*

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

**DATE:** Wednesdays, May 13 to July 1

*AND/OR*

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

**DATE:** Fridays, May 15 to July 10 (no class July 3)

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

**FEE:** \$48 for each eight-week session



## 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)

## HEALTH EDUCATION



### DIABETIC EYE DISEASE: ARE YOU AT RISK?

Learn about diabetes-related eye diseases and what you can do to protect your vision. A light breakfast provided by CareOne at Wayne.

**PRESENTER:** Eric Shnyder, MD

**TIME:** 10:00am

**DATE:** Wednesday, April 15

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

**FREE**

### INJURY PREVENTION DURING HARD WORKOUTS

Have you decided to take your workouts to the next level by trying more advanced exercise classes, races or even an obstacle course? Join us to listen to an expert discuss some of the most common fitness injuries and how to avoid them.

**PRESENTER:** Oscar Reicher, MD

**TIME:** 7:00pm

**DATE:** Thursday, April 30

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

**FREE**

### BRAIN ATTACK: STROKE

Learn the warning signs, symptoms and risks of stroke, new methods of diagnosis and drugs for prompt emergency treatment that could mean the difference between life and death. Chilton Medical Center Stroke Department staff will be on-site. A healthy breakfast provided by Assisting Seniors at Home.

**PRESENTER:** Gennaro Marino, DO

**TIME:** 10:00am

**DATE:** Friday, May 8

**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, May 12

**PLACE:** Chilton Health Network

**FEE:** \$25

### WOMEN AND STROKE AWARENESS

A stroke can change a life in the blink of an eye. Join our expert speaker to learn more about prevention, risk factors and signs of a stroke, specifically in women.

**PRESENTER:** Primary Stroke Center at  
Chilton Medical Center

**TIME:** 7:00pm

**DATE:** Thursday, May 21

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

**FREE**



### SKIN CANCER UPDATE AND SCREENING

Learn about the causes, symptoms, diagnosis, latest treatment options and prevention. We will offer screenings on a first-come, first-served basis. Lakeland Health Care Center will provide a light supper at 6:00pm.

**PRESENTER:** K. Neena Chima, MD

**TIME:** 6:30pm (lecture)

**DATE:** Thursday, June 11

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

**FREE**

### KEEPING YOUR BALANCE

Learn the importance of balance to your overall health, including the mechanisms of balance, balance disorders, vertigo and general exercises to improve and maintain good balance. A physical therapist will perform a free fall risk assessment, limited to the first 25 registrants. A light breakfast provided by Llanfair House Care and Rehabilitation.

**PRESENTER:** Christian Marquez, PT, MSPT, DPT

**TIME:** 10:00am

**DATE:** Wednesday, June 17

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

**FREE**

## SUPPORT GROUPS

**Alzheimer's Disease Caregivers Support Group:** 7:00 to 8:30pm the second Wednesday of the month from September to June — *New Location:* 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 — *New Location:* 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 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.

**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 and third Tuesdays of the month — 242 West Parkway, Pompton Plains. For information, call 973-831-5311/5306.



## NUTRITION

### WIN THE WEIGHT LOSS BATTLE FOR GOOD!

This FREE six-week weight loss program will teach you strategies to make healthy lifestyle choices in order to accomplish your goals. We will collect data on each participant's progress and weekly weigh-in, so we will only accept those into the program who are serious about making this commitment to weight loss and a healthier lifestyle. Coupons, recipes and many other special offerings included.

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

**TIME:** 2:00pm

**DATE:** Wednesdays, April 1, 15, 29; May 13, 27 and June 10

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

**FREE**

## Chilton Medical Center Foundation Special Events

### 11TH ANNUAL WINE TASTING EVENT — WINES AND SPIRITS OF THE WORLD

**DATE:** Friday, April 24

**PLACE:** Preakness Hills Country Club, Wayne

### CHILTON GOLF CLASSIC

**DATE:** Monday, June 15

**PLACE:** Preakness Hills Country Club, Wayne

Call 973-831-5165 or visit [atlanticealth.org/chilton](http://atlanticealth.org/chilton).

### ALLERGIES, ASTHMA AND NUTRITION

Learn how food allergies present themselves with their signs and symptoms. We will discuss the elimination diet, as well as food-induced asthma.

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

**TIME:** 7:00pm

**DATE:** Thursday, April 9

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

**FEE:** \$5

### NUTRITION AND THYROID HEALTH

Research shows that targeted nutrients and lifestyle choices will assist in supporting a healthy thyroid, which is necessary for clear thinking, vibrant energy and aging gracefully. Join us to learn how to eat better for a healthy thyroid.

**PRESENTER:** Dani Segal, PhD, Holistic Nutrition

**TIME:** 7:00pm

**DATE:** Thursday, May 28

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

**FEE:** \$5

### "JERSEY FRESH" TASTE AND LEARN

Taste Jersey-fresh fruits and vegetables and learn the benefits of buying locally grown produce.

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

**TIME:** 11:00am

**DATE:** Friday, June 19

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

**FEE:** \$5

## Special Events

### AN EVENING WITH ... ETERNITY BAND!

Get ready for the superior stage presence, vocals and dance moves that take Eternity Band's infectious energy to the next level. Presented by Entertainment Consultants, this world-renowned premier show band will captivate us with their versions of classic songs from the genres of swing, jazz, R&B, disco, Motown, rock 'n' roll and beautiful ballads, paying tribute to great artists from the '40s to the present. They have performed for such distinguished guests as President Clinton, Steven Spielberg, Dr. Oz, Michael Jordan and Jerry Seinfeld. Join us as Eternity Band creates an evening of electrifying entertainment!

**TIME:** 7:00pm

**DATE:** Thursday, May 14

**PLACE:** Wayne YMCA, 1 Pike Drive, Wayne

**FEE:** \$20



### ANNUAL WOMEN'S EVENT — LAUGH LOUD, LIVE LONG

A night of laughter, dinner and shopping.

**PRESENTER:** Judy Croon, Comedian and Motivational Speaker ([judycroon.com](http://judycroon.com))

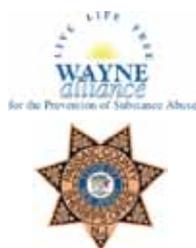
**TIME:** 5:30pm

**DATE:** Thursday, October 22

**PLACE:** Preakness Hills Country Club, Wayne

## LIFE ENRICHMENT

### 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: how to be a neighborhood watchdog; traffic and pedestrian safety/defensive driving; fire safety; crime prevention; senior fraud; alcoholism, prescription drug abuse and gambling, and self-defense for seniors. Bagels and coffee will be provided, 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:** 9:30am to Noon

**DATE:** Tuesdays, April 7 to 28

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

**FREE**

### THE PALISADES

A colorful, historical tour of one of New Jersey's most impressive landmarks, including Fort Lee and Palisades Amusement Park.

**PRESENTER:** Kevin Woyce

**TIME:** 10:00am

**DATE:** Friday, April 10

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

**FEE:** \$5

### CALLING ALL NEW GRANDPARENTS

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



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

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

**DATE:** Thursday, April 23

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

**FREE**

### ULTIMATE AFRICAN WILDLIFE

Alan is home from his world travels just long enough to bring us the best of his best African wildlife, including magnificent big cats, astonishing close-ups and those spectacular sunsets.

**PRESENTER:** Alan Levin

**TIME:** 1:00pm

**DATE:** Friday, May 15

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

**FEE:** \$5

### BABE RUTH: AN AMERICAN ICON

"The Babe" impacted baseball in a way never seen before or since and is still considered today to be the greatest player in Major League Baseball history.

**PRESENTER:** Dr. James P. Kane

**TIME:** 10:00am

**DATE:** Friday, June 26

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

**FEE:** \$5

## AUXILIARY EVENT



### A NIGHT AT THE THEATRE

The Chilton Auxiliary is hosting a benefit performance of *The Spitfire Grill: A Musical*. This event is being sponsored by Boiling Springs Savings Bank, and proceeds will benefit Chilton Medical Center Cancer Center.

**TIME:** 8:00pm

**DATE:** Thursday, May 28

**PLACE:** The Barn Theatre, 32 Skyline Drive, Montville  
**TICKET PRICE:** \$35

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

# The Artichoke Is Your Friend:

## Getting Reacquainted With This Misunderstood Veggie

**A**rtichokes can be a little scary because you may not be sure which parts you're supposed to eat. And to some, they're not very attractive, with their hard leaves surrounding a bristly, hairy-looking center.

Artichokes are one of the oldest known foods, according to the California Artichoke Advisory Board. They are native to the Mediterranean region, dating back thousands of years. Today, California produces virtually all of the artichokes we eat in the United States. They're grown on California's central coast from south of San Francisco to Monterey, with the peak season lasting from March through May.

From a botanical perspective, they are actually the edible flower bud of a type of thistle and as far as nutrition goes, they're loaded with vitamins and nutrients. In fact, they actually rank up there with blueberries when it comes to antioxidants, those disease-fighting compounds found in food, particularly darker berries.

### AN UNEXPECTED NUTRIENT CLUSTER

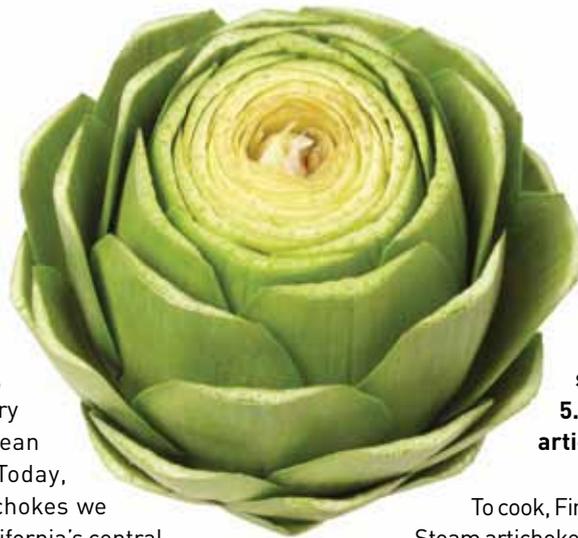
According to Mary Finckenor, registered dietitian for Morristown Medical Center, one medium artichoke has 60 calories and is packed with fiber and folate, the naturally occurring form of folic acid, but antioxidants are where they shine brightest. "When people think of which vegetables are nutrition superstars, they usually don't think of artichokes, but maybe they should," notes Finckenor. "One medium artichoke has more fiber than one cup of most raisin brans. Folate-rich foods help support healthy cardiovascular and nervous systems, and are essential to women who are pregnant for the prevention of neural tube defects in their developing babies."

Regarding the benefits of antioxidants, Finckenor says that they are thought to prevent or delay cellular damage relating to aging. "While it isn't clear exactly what role antioxidants play in keeping us healthy, one thing perfectly rings true: A diet rich in the fruits and vegetables that are high in antioxidants helps lower our risk for diseases like cancer and heart disease."

### TASTY TIPS ON COOKING AN ARTICHOKE

Finckenor offers the following advice on prepping an artichoke before you cook it:

**1. Wash the artichoke under cold water.**



**2. Remove any leaves that are small or discolored.**

**3. Cut off the stem. The stem is actually an extension of the heart — the meaty part of the artichoke. If you want, you can peel and cook it to eat along with the artichoke.**

**4. Cut off the top inch and use scissors to snip off the thorny tip of the leaves.**

**5. Give it a squeeze of lemon juice to keep the artichoke nice and green.**

To cook, Finckenor recommends steaming or microwaving. Steam artichoke, bottom up, for 20 to 30 minutes. To microwave, put in a microwave-safe bowl with one-half inch of water in the bottom. Place the artichoke in the bowl, bottom up, and cover with plastic wrap. Microwave seven to eight minutes per artichoke. Whether steaming or microwaving, the artichoke is done when a knife inserts into the base easily.

### SAVORING THE ARTICHOKE

Now that you've cooked the artichoke, what do you do with it? There are several edible parts of the vegetable. Pull off a leaf and scrape the meat off the tender end with your front teeth. Finckenor says you can dip the leaves in some olive oil and garlic or mayonnaise mixed with balsamic vinegar or one of the dip recipes listed below.

Once the leaves are gone, you'll come to the hairy-looking center, or "choke." The choke is not edible and should be scraped out and discarded. At the base is the meatiest part of the artichoke, the heart. Cut it in bite-sized pieces, dip and enjoy. Finckenor shares two personal recipes for simple artichoke dips:

### GARLIC-LEMON ARTICHOKE DIP

**½ cup regular or low-fat mayonnaise**

**1 clove garlic, minced (or 1 teaspoon jarred, minced garlic)**

**1 tablespoon lemon juice**

**1 tablespoon Worcestershire sauce**

### YOGURT-DILL ARTICHOKE DIP

**½ cup plain low-fat or fat-free Greek yogurt**

**1 tablespoon lemon juice**

**1 teaspoon chopped fresh dill**

Now that the artichoke has been demystified, enjoy this nutrient-rich, ancient vegetable as a way to vary your diet and increase your intake of antioxidants. ▶



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. Program fees for \$5 classes 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, 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



# Registration Form Spring 2015

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:** \$40 per session

## AQUACISE, LEVEL 2

**FEE:** \$40

## ARTHRITIS FOUNDATION

AQUATICS PROGRAM

**FEE:** \$40

## ARTHRITIS FOUNDATION

EXERCISE PROGRAM

**FEE:** \$40

## BETTER BONES — Intermediate

Tuesdays *AND/OR*

Thursdays

**FEE:** \$48 per session

## CORE DYNAMIX

**FEE:** \$40

## EXERCISE IN DISGUISE!

**FEE:** \$64

## HATHA YOGA

**FEE:** \$64

## MUSCLES IN MOTION (CHILTON)

**FEE:** \$40

## MUSCLES IN MOTION (Wayne)

**FEE:** \$48

## THE POWER HOUR

**FEE:** \$64

## TABATA

**FEE:** \$64

## T'AI CHI CHIH® JOY THRU

MOVEMENT — Beginner

**FEE:** \$40

## T'AI CHI CHIH — Intermediate

10:45am *OR* (check one)

11:45am

**FEE:** \$40 per session

## YOGA — Beginner

**FEE:** \$40

## YOGA — Intermediate

**FEE:** \$40

## ZUMBA® GOLD (WAYNE)

Mondays *AND/OR*

Wednesdays *AND/OR*

Fridays

**FEE:** \$48 per session

## ZUMBA TONING (Chilton)

**FEE:** \$64

## ALLERGIES, ASTHMA AND

NUTRITION

**FEE:** \$5

## BABE RUTH: AN AMERICAN ICON

**FEE:** \$5

## BRAIN ATTACK: STROKE

**FREE**

## CALLING ALL NEW

GRANDPARENTS

**FREE**

## DIABETIC EYE DISEASE:

ARE YOU AT RISK?

**FREE**

## AN EVENING WITH ...

ETERNITY BAND!

**FEE:** \$20

## INJURY PREVENTION DURING

HARD WORKOUTS

**FREE**

## "JERSEY FRESH" TASTE AND

LEARN

**FEE:** \$5

## KEEPING YOUR BALANCE

**FREE**

## NUTRITION AND THYROID HEALTH

**FEE:** \$5

## THE PALISADES

**FEE:** \$5

## SENIOR POLICE ACADEMY

**FREE**

## SKIN CANCER UPDATE AND

SCREENING

**FREE**

## STROKE SCREENING

**FEE:** \$25

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

## ULTIMATE AFRICAN WILDLIFE

**FEE:** \$5

## WIN THE WEIGHT LOSS BATTLE

FOR GOOD!

**FREE**

## WOMEN AND STROKE

AWARENESS

**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.

## Planning for a Healthy Future With an Advance Directive

Medical care can sometimes seem like a roller coaster ride. You might not always feel in control, especially when an illness or health condition surprises you. This “roller coaster” could be the onset of a chronic health condition, an accident or an unexpected illness — basically any situation that compromises your ability to make your own health care decisions.

“That’s one way to think about your medical care when you can’t clearly communicate your wishes yourself,” says Jeanne Kerwin, DMH, coordinator for Atlantic Health System’s advance directives initiatives. “If serious illness or emergency medical treatments make it impossible for you to communicate, for example, others will have to make decisions for you. But you must decide now — in advance — who those people are.”

These future care decisions are called advance directives. They give your loved ones comfort if they face making difficult choices for your care and give you the confidence of knowing ahead of time who will act on your behalf.

It’s important to make your wishes known in advance, while you’re well enough to articulate them:

- 1. Talk with your loved ones and share with them the things that are most important to you if you’re very sick or seriously injured. For example, you might want to be cared for at home as long as possible, or you might prefer to limit artificial life supports that require hospitalization.**
- 2. Name the person — in writing — who agrees to make your wishes known. This individual could be a relative, neighbor or friend. Make certain that you have the conversation with whomever you choose.**
- 3. Write your wishes down and circulate them among your loved ones, physicians and caregivers.**

Through a program called Anna’s Angels, Atlantic Health System offers free information and community talks about advance directives. Call us to find out how to take advantage of this important health care tool: 908-598-7906. ▶

**Visit [atlantichhealth.org/advancedirectives](http://atlantichhealth.org/advancedirectives) for more information.**



## Chilton Medical Center Introduces Waterbirth

Midwives of Chilton Medical Center’s Mother Baby Center are now giving moms-to-be the holistic option of using hydrotherapy during labor and waterbirth. “Informed by the Internet and social media, today’s moms want more natural birthing options,” explains certified nurse midwife Donna Roosa of Avalon Women’s Health, an established midwifery practice serving Chilton Medical Center patients.

According to Roosa, hydrotherapy offers a relaxing and comforting environment during labor, minimizing the need for pain medication and allowing the mother to change positions more readily. Women may choose to labor in the tub and get out for delivery, or decide to remain in the tub throughout the entire delivery process. Waterbirth may also be less stressful for the infant, as it eases the transition into an aquatic environment echoing the amniotic sac.

Roosa has assisted in the delivery of more than 400 babies via waterbirth since 1992. “Women interested in waterbirth should first educate themselves on all comfort measures available to them during labor,” Roosa advises. I suggest that they speak to their midwife, or consult other helpful resources, including the American College of Nurse Midwives and Waterbirth International.” ▶

**For more information about hydrotherapy and waterbirth at the Mother Baby Center at Chilton Medical Center, call 1-800-247-9580 or visit [atlantichhealth.org/chilton](http://atlantichhealth.org/chilton).**

**Atlantic Health System**

475 South St.  
Morristown, NJ  
07960-6459

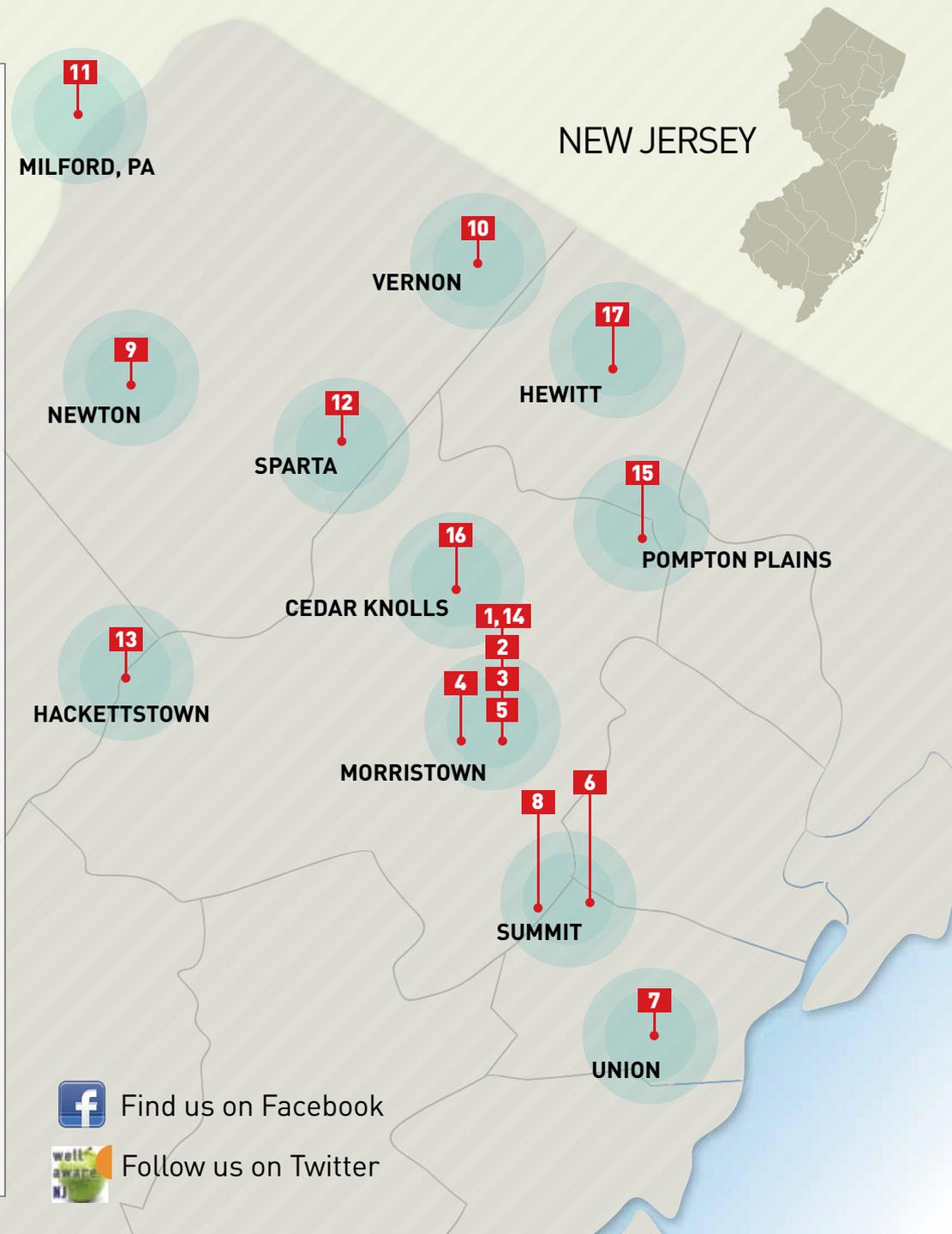
NON-PROFIT  
US POSTAGE  
PAID  
PERMIT 148  
SARATOGA  
NY 12866

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



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 Vernon Health &amp; Wellness Urgent Care</b><br/>123 Route 94,<br/>Vernon, NJ 07462<br/><b>973-209-2260</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> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



Find us on Facebook



Follow us on Twitter