

# well aware

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

SPRING  
2016

**Atlantic Rehabilitation:**  
Spring Back Into Health

New Hope for Stroke Patients

**Travel MD®:**  
Healthy Travels Ahead



**Chilton  
Medical Center**

ATLANTIC HEALTH SYSTEM

Trusted Network of Caring™

DEAR FRIENDS,



This January, I joined Atlantic Health System as president of Chilton Medical Center. It is an honor and a privilege to lead an organization that prides itself on providing quality, compassionate care to the patients we serve. I've spent the last 20 years working in health care, specifically in the community hospital setting, where I've experienced the tremendous impact our valued staff can make on our local community. And because Chilton Medical Center is an integral part of Atlantic Health System's *Trusted Network of Caring™*, we are able to provide the right care, at the right quality, at the right time and at the right place to anyone who enters our network.

This issue of Well Aware features the depth of outpatient services provided in all our locations. Our new technology to treat stroke patients allows us to "beam" a neurologist into an ambulance even before a patient arrives at the emergency department, expediting treatment when seconds count! And, for those of you looking for a new adventure, check out all our New Vitality programs in our community.

It is my pleasure to serve you. I look forward to meeting you at our many events throughout the year.

**Stephanie Bloom**  
President, Chilton Medical Center

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



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Atlantic Health System is one of the largest nonprofit health care systems in New Jersey, comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation. The five medical centers have a combined total of 1,599 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.



AN OFFICIAL HEALTH PROVIDER OF THE NEW JERSEY DEVILS



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## TRAVEL MD®: Healthy Travels Ahead

When traveling abroad, native disease is usually a top travel concern. Travel MD was created by Atlantic Health System to provide international travelers with a single source for travel related health information so they can enjoy peace of mind.



Travel MD® helps to protect individuals when they travel internationally – whether for business or pleasure.

Through this service, travelers can receive pre-trip and consultative services to deal with illness abroad. This includes vaccinations, medications and other preventive measures.

To take full advantage of these services, it's recommended that travelers book an appointment at least four weeks before their trip. Since vaccinations can take some time to be fully effective, the sooner you can make an appointment, the better.

Some immunizations offered through Travel MD include:

- hepatitis A
- typhoid
- yellow fever
- rabies

**For more information about the Travel MD program, call 973-971-7291 .**

## GET SOCIAL WITH US

Did you know Atlantic Health System is on social media? Fans and followers can discover the latest Atlantic Health System news and events, read patient stories and more across their favorite social networks.

On Facebook, fans can check out Atlantic Health System's five medical centers –Morristown Medical Center, Newton Medical Center, Overlook Medical Center, Chilton Medical Center and Goryeb Children's Hospital – as well as the Chambers Center for Well Being, to stay up to date on recent happenings.

At the @AtlanticHealth Twitter page, followers will find trending health news, wellness tips and other fun topics to encourage healthy habits. More interactive content is available on YouTube, where Atlantic Health System



showcases new technologies, services and partnerships.

New to the social media mix is Atlantic Health System's Instagram page. This new account provides the community with yet another avenue for staying informed on Atlantic Health System news. Find it by searching for AtlanticHealth on IG.

**For a full list of social media accounts, search "social media center" on AtlanticHealth.org.**

## CONNECT WITH AN ATLANTIC MEDICAL GROUP PHYSICIAN

Across Northern and Central Jersey, we are your local family doctors and specialists. With over 600 physicians across 300 locations, Atlantic Medical Group provides an entryway to Atlantic Health System's *Trusted Network of Caring™* and its award-winning hospitals.

**To find your AMG provider visit [atlanticmedicalgroupnj.org](http://atlanticmedicalgroupnj.org) for more information or call 1-844-AMG (264)-2250.**

## THE LABYRINTH MEDITATION WALK: Spiritual Healing at Chilton Medical Center

Around the world, more and more hospitals are tapping into the spiritual with unique "labyrinths" for patients and visitors. These labyrinths are designed as a safe place to calm the mind, body and soul; encourage prayer and meditation; and find one's self.

Chilton Medical Center has one of its own: the Labyrinth Meditation Walk. Located in the Interfaith Chapel, this self-led walking path gives guests the opportunity to achieve spiritual peace with meditative music, candles and other elements conducive to a healing atmosphere.



There's no fear of getting lost on this path. It's easy to follow: just take off your shoes, walk at your own pace and relax. The labyrinth is open to the public on the first Tuesday of each month from 9:00am to 9:00pm. You do not need an appointment.

**For more information about the Labyrinth Meditation Walk, call the Pastoral Care Department at 973-831-5001.**

# Atlantic Rehabilitation's

# Outpatient Services



An impressive range of care  
at a location near you

**W**hen Glenn Gerber, 69, of Scotch Plains, chose Atlantic Health System for double knee replacements last spring, he gained unexpected benefits from the outpatient rehabilitation team—both before and after surgery. “Atlantic Health’s ‘pre-hab’ program [physical therapy focused on getting ready for joint surgery] made such a difference to my recovery and my life,” he says.

At almost a dozen locations, Atlantic Rehabilitation’s team of experienced specialists offers outpatient rehabilitation with similar results for an amazing variety of health issues. Need help recovering from an accident, surgery or an ongoing condition? Have trouble with dizziness or balance? Want to learn better ways to improve at sports and avoid injuries? Have a condition that makes you feel just not up to par? For these issues and others, at the heart of the services is a team of experienced therapists dedicated to getting you back in action.

“We work with people from ages 5 to 95, and for each one, our goal is simple: to help you return to the highest level of function possible—painlessly, safely and independently,” says Loretta Ritter, manager of rehabilitation services at Newton Medical Center.

Some patients visit their Atlantic Health therapist once a week for several months, and others only need a few visits. At first, many don’t understand the value of rehabilitation to their ongoing recovery or quality of life, therapists say. “We all work very hard to understand each patient’s conditions and goals,” says Donna Waliky, outpatient rehabilitation manager at Morristown Medical Center. “Once people see the benefits of rehabilitation, they’re sold on it.”

# Find Us Near Your Work, Home or School

To schedule your outpatient rehabilitation at any of these locations, call us at 1-855-862-APPT (2778).

## ATLANTIC REHABILITATION

95 Mount Kemble Avenue  
Morristown, NJ 07960  
973-971-4451

## ATLANTIC SPORTS HEALTH

(physical therapy only)  
111 Madison Avenue, Suite 110  
Morristown, NJ 07960  
973-683-2360

## CAROL G. SIMON CANCER CENTER

100 Madison Avenue  
Morristown, NJ 07960  
973-971-4429

## CHATHAM PHYSICAL THERAPY

14-B Roosevelt Avenue  
Chatham, NJ 07928  
973-635-6535

## CHILTON MEDICAL CENTER

(speech pathology only)  
97 West Parkway  
Pompton Plains, NJ 07444  
973-831-5023

## MEDICAL ARTS CENTER FOR CONCUSSION

(physical therapy only)  
33 Overlook Road  
Summit, NJ 07901  
908-598-7973

## NEW PROVIDENCE CAMPUS

550 Central Avenue  
New Providence, NJ 07974  
908-522-2215

## NEWTON MEDICAL CENTER

175 High Street  
Newton, NJ 07860  
973-579-8600

## POMPTON PLAINS CAMPUS

242 West Parkway  
Pompton Plains, NJ 07444  
973-831-0717, Option 1

## UNION CAMPUS

(physical therapy only)  
1000 Galloping Hill Road  
Union, NJ 07083  
908-522-6420

## WAYNE CAMPUS

One Pike Drive  
Wayne, NJ 07470  
973-720-9625

Gerber, for example, is back to work leading a large metal supply company and again enjoying activities with his grandchildren—including riding snowmobiles and ATVs. “Thanks to all my caregivers, 2015 was a great year for me,” he says. “I’m now pain-free.”

## OUR AREAS OF EXPERTISE

At various Atlantic Rehabilitation locations, you’ll find therapists with expertise in physical, speech and occupational therapy plus audiology (hearing), and a physician who specializes in rehabilitation. “We have a very experienced staff, with many years of experience,” John Diffily, rehabilitation services manager at Chilton Medical Center. And most of have earned certifications and received training in these and other specialty areas, including:

- **amputation**
- **cancer**
- **child development**
- **concussion**
- **dizziness and balance**
- **facial pain**
- **hand therapy**
- **joint replacement**
- **pelvic floor disorders**
- **sports medicine**
- **stroke**

“So when you come to us, you’re getting experts who have a special interest in learning the latest proven techniques to care for your specific condition,” says Lawrence Nisivoccia, manager of Atlantic Sports Health in Morristown.

Further, because Atlantic Health’s outpatient rehabilitation centers are part of the overall health system, they are part of the regular reviews



and accreditation of The Joint Commission, the national healthcare quality organization. “Being part of the system, we have the same high level of standards, even though we might not be located within a hospital,” says Dan Whelan, manager of the department of physical medicine and rehabilitation for Overlook Medical Center. ▶

**See above for the closest outpatient rehabilitation location.**



## 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. Limited to 20 participants.

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

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

**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. Limited to 20 participants.

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

**DATE:** Mondays, May 2 to June 27  
(no class May 30)

*AND/OR*

**DATE:** Fridays, May 6 to July 1  
(no class June 3)

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

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

### HATHA YOGA

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

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

**DATE:** Tuesdays, April 12 to June 21 (no class June 7)

**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, April 4 to May 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 can be done by anyone.

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

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

**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*

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

**DATE:** Thursdays, 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.

### YOGA – BEGINNER

Bring a small blanket and a mat for the floor.

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

**DATE:** Tuesdays, May 3 to June 28  
(no class May 17)

**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 3 to June 28  
(no class May 17)

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

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

## EXERCISE



### **AQUACISE (Joint-Friendly)**

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

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

**DATE:** Mondays, May 2 to June 27  
(no class May 30)

**AND/OR**

**DATE:** Wednesdays, May 4 to June 29  
(no class June 1)

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

**FEE:** \$48 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 4 to June 29  
(no class June 1)

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

**FEE:** \$48 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 3 to June 21

**AND/OR**

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

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

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

### **CORE DYNAMIX**

A flowing mix of movement and floor work for total body strength, length, balance, flexibility and posture. Bring a mat and 2-3-pound weights.

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

**DATE:** Tuesdays, May 3 to July 19  
(no class May 17 and 24 ,  
June 7 and July 12)

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

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

### **DANCING THROUGH THE DECADES**

Go back in time and dance your way to better health. Each class will focus on giving you a good workout by learning a different style of dance. From shimmying in the 1920s to disco dancing in the 1970s, all the way up to modern-day music and dance – join us on this fun, cardio dance journey through time.

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

**DATE:** Thursdays, April 21 to June 23  
(no class May 12 and 26)

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

**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 2 to June 27  
(no class May 30)

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

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

**AND/OR**

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

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

**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 4 to June 29  
(no class June 1)

**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 2 to June 27 (no class May 30)

*AND/OR*

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

**DATE:** Wednesdays, May 4 to June 29 (no class June 1)

*AND/OR*

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

**DATE:** Fridays, May 6 to July 1 (no class June 3)

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

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



**DATE:** Thursdays, May 5 to June 30 (no class June 2)

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

**FEE:** \$40 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, April 13 to June 15

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

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

**ZUMBA® GOLD AT CHILTON**

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

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

**FREE MALL WALKER PROGRAM**

Participants may walk from:

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

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



Healthy Communities

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

POMPTON LAKES  
973-835-0143, ext. 225  
pomptonlakesgov.com

RINGWOOD  
973-962-7079, ringwoodnj.net

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

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

WEST MILFORD  
973-728-2725, westmilford.org

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 of Home Instead Senior Care. For information, call 973-970-9250.

**United Ostomates of North Jersey:**

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

**"Women to Women":**

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

## HEALTH EDUCATION

### GUIDE TO GI TRACT HEALTH: UPPER

Heartburn? GERD? Learn about the problems that affect the UPPER digestive system and how to deal with them. CareOne at Wayne will provide a light, healthy breakfast.

**PRESENTER:** Jonathon Stillman, MD

**TIME:** 10:00am

**DATE:** Wednesday, April 27

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

**FREE**

### GUIDE TO GI TRACT HEALTH: LOWER

Constipation? Bloating and gas? Learn about the problems that affect the LOWER digestive system and how to deal with them. CareOne at Wayne will provide a light, healthy breakfast.

**PRESENTER:** Jonathon Stillman, MD

**TIME:** 10:00am

**DATE:** Wednesday, May 18

**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. We require appointments. For more information and to make an appointment, call 973-831-5475.

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

**DATE:** Tuesday, May 10

**PLACE:** Chilton Medical Center,

242 West Parkway

**FEE:** \$25

### BRAIN ATTACK: STROKE

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

**PRESENTER:** Gennaro Marino, DO

**TIME:** 10:00am

**DATE:** Friday, May 20

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

**FREE**

### STRESS LESS, SLEEP MORE

If you find it difficult to fall asleep or stay asleep during stressful times, you are not alone. Stress can lead to many physical, emotional or behavioral symptoms, making it much harder for you to get the rest your body needs. We will discuss strategies to help you stress less and get more quality sleep.

**PRESENTER:** John Penek, MD

**TIME:** 7:00pm

**DATE:** Thursday, May 26

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

**FREE**

### UNDERSTANDING STROKE:

#### ARE YOU AT RISK?

When it comes to stroke, a leading cause of illness and death, knowledge is power. Learn what puts people at risk, how to spot one of these “Brain Attacks,” and what you can do to reduce your chances of ever experiencing a stroke. Our expert speaker will walk you through all of this information with an easy-to-understand discussion.

**PRESENTER:** Representative from the Chilton Medical Center Stroke Center

**TIME:** 7:00pm

**DATE:** Monday, June 6

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

**FREE**

#### THE IMPORTANCE OF MANAGING YOUR BLOOD PRESSURE

Learn what your blood pressure is telling you; what the numbers mean; the importance of managing those numbers; and why high blood pressure, or hypertension, is often called the “silent killer.” Milford Manor Nursing & Rehabilitation will provide a light breakfast.

**PRESENTER:** Arthur Calise, MD

**TIME:** 10:00am

**DATE:** Friday, June 24

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

**FREE**

## NUTRITION

### SALAD DRESSING SHOWDOWN

Do not be a victim of salad dressing sabotage. When it comes to salad dressing, hidden calories and fat can be major diet busters. Allow a registered dietitian to guide you to the healthiest dressing and marinade options – bottled or homemade.

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

**TIME:** 7:00pm

**DATE:** Thursday, April 7

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

**FEE:** \$5

### RETHINK YOUR DRINK

Are you a wine lover, soda drinker or cocktail enthusiast? Come join us for an evening with an experienced dietitian to learn how extra calories from beverages might be expanding your waistline, shrinking your wallet or making you sick. There will be recipes and new ideas for lightening up your favorite beverages.

**PRESENTER:** Natalie Gillett, MS, RD, ShopRite of Wayne

**TIME:** 7:00pm

**DATE:** Thursday, April 14

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

**FEE:** \$5



### SPRING INTO BETTER HEALTH

Spring is here ... time to come out of hibernation. The sun is shining, and fresh fruits and vegetables are looking more vibrant and inviting. Join us and learn to lighten up your diet, enjoy these seasonal foods and set some new wellness goals toward better health as the warmer weather approaches. Sampling and recipes included.

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

**TIME:** 2:00pm

**DATE:** Wednesday, May 18

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

**FEE:** \$5

## LA DIVA TENORS



Expect riveting performances from this powerhouse quartet consisting of three accomplished tenors and a beautiful soprano. Their sparkling contemporary and pop crossover selections are combined with Broadway's greatest music; a sprinkling of opera; and a unique blend of wit, personality and humor. Each of these talented performers has credentials that have garnered them praise from all corners of the globe. United, they are an unbeatable combination.

(Preregistration is required – please use registration form; make check payable to Atlantic Health System; and list all names, addresses and phone numbers for those attending.)

**TIME:** 7:00pm

**DATE:** Thursday, May 19

**PLACE:** Wayne YMCA, Rosen Performing Arts Center, One Pike Drive, Wayne

**FEE:** \$20

## 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 and prescription drug abuse. 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:** Tuesdays,  
April 5 to 26

**DATE:** 9:30am to Noon

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

**FREE**



### THEODORE ROOSEVELT: AMERICAN IN THE ARENA

When President McKinley was assassinated in 1901, Vice President Theodore Roosevelt bounded into Washington as the youngest President in American history. "TR's" accomplishments were plentiful and diverse: war hero to Nobel Peace Prize winner, naturalist to imperialist. Believing that the security of the American People would be achieved through leadership on the world stage, President Roosevelt expanded U.S. influence around the globe. Horizon Speakers Bureau of the New

Jersey Council for the Humanities, a state partner of the National Endowment for the Humanities, is funding this program.



**PRESENTER:** Peyton Dixon of the American Historical Theatre

**TIME:** 2:00pm

**DATE:** Wednesday, April 20

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

**FREE**

### CRACKING THE CODE TO WEALTH PLANNING

Now, more than ever, it is important to examine your current retirement and financial plan. With recent economic events affecting millions of people across the country, many are now discovering the true impact to their retirement dreams and legacy. Discussion points will include: understanding your true risk tolerance; understanding the financial mindset and the mistakes routinely made by investors; strategies to help protect your assets in volatile times and help maximize the legacy you leave behind; simplifying retirement; and three key ideas to increase your opportunity for financial success. Light fare will be served before the presentation.

**PRESENTER:** Brian F. Donnelly, AAMS®,  
Vice President – Private Client  
Group, Manhattan Ridge Advisors

**TIME:** Doors open – 5:30pm

Presentation – 6:00pm

**DATE:** Thursday, May 12

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

**FREE**

### LANDMARKS AND HISTORIC SITES OF MORRIS COUNTY

Photojournalist and lifetime Morris County resident Jim DelGiudice has visited and documented the most interesting landmarks and historic sites of the county's 39 towns over the past 20 years. Join us as he brings this history to life.

**PRESENTER:** Jim DelGiudice

**TIME:** 10:00am

**DATE:** Friday, June 10

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

**FEE:** \$5

### GARDEN TIPS FOR GREAT TOMATOES

Tomato troubles? Tomato triumphs? Whether you have a large garden or a few containers on your deck, learn to make the most of your efforts so you can enjoy the best-tasting New Jersey tomatoes.

**PRESENTER:** Rutgers Cooperative  
Extension of Morris County

**TIME:** 10:00am

**DATE:** Friday, June 17

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

**FEE:** \$5



## FOUNDATION EVENTS

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



### CHILTON WINE EVENT

**DATE:** Friday, April 15  
**PLACE:** Preakness Hills  
Country Club, Wayne

### CHILTON GOLF CLASSIC

**DATE:** Monday, June 20  
**RAIN DATE:** Monday, July 25  
**PLACE:** Preakness Hills Country Club, Wayne



## SPECIAL EVENT



### HOLD THE DATE ANNUAL WOMEN'S EVENT **LIVE, LAUGH, CELEBRATE!**

Presenter: Comedian  
John Joseph  
**TIME:** 5:30pm  
**DATE:** Thursday, October 20  
**PLACE:** Preakness Hills  
Country Club  
**FEE:** \$53  
For more information, call  
973-831-5367.

## AUXILIARY EVENTS

### A NIGHT AT THE THEATRE

The Chilton Medical Center Auxiliary is hosting a benefit performance of "Legally Blonde – The Musical." This event is being underwritten by Boiling Springs Savings Bank, and proceeds will benefit Chilton Medical Center Cancer Center. For ticketing information, contact the Auxiliary office at 973-831-5345.

**TIME:** 8:00pm (light refreshments will be served before the show at 7:00pm)

**DATE:** Thursday, June 2

**PLACE:** The Barn Theatre,  
32 Skyline Drive, Montville

**FEE:** \$40

### QUEEN'S TEA

The Chilton Medical Center Auxiliary is hosting a "Queen's Tea" this fall. For more information, contact the Auxiliary office at 973-831-5345.

**TIMES:** Noon and 6:00pm

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

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

**FEE:** \$40





**Chilton  
Medical Center**  
ATLANTIC HEALTH SYSTEM

**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:  
Chilton Medical Center  
97 West Parkway  
Pompton Plains, NJ 07444  
Attn: New Vitality

*(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, you may call New Vitality at 973-831-5367.
4. If a class is full when we receive your check, your check will be returned, you will be placed on a waiting list, and you will be notified if an opening occurs.
5. The \$5 program fees are non-refundable. If you are unable to attend any of our \$5 classes, please be sure to call us **prior to the date of the program**, and we will issue you a voucher to be used toward any future \$5 class during the current year.
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 cancelled class, but reserves the right not to refund the class if a makeup date cannot be scheduled.

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

Address(s) \_\_\_\_\_

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 \_\_\_\_\_



# Registration Form Spring 2016

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: \$48 PER SESSION**

## AQUACISE, LEVEL 2

**FEE: \$48**

## ARTHRITIS AQUATICS PROGRAM

**FEE: \$48**

## ARTHRITIS EXERCISE PROGRAM

MONDAYS AND/OR

FRIDAYS

**FEE: \$40 PER SESSION**

## BETTER BONES - INTERMEDIATE

TUESDAYS AND/OR

THURSDAYS

**FEE: \$48 PER SESSION**

## CORE DYNAMIX

**FEE: \$40**

## DANCING THROUGH THE DECADES

**FEE: \$64**

## HATHA YOGA

**FEE: \$80**

## MEDITATION FOR MINDFUL WELL-BEING

**FEE: \$64**

## MUSCLES IN MOTION (CHILTON)

**FEE: \$40**

## MUSCLES IN MOTION (WAYNE)

**FEE: \$48**

## THE POWER HOUR

**FEE: \$64**

## T'AI CHI CHIH® - 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 (CHILTON)

**FEE: \$40**

## ZUMBA® GOLD (WAYNE)

MONDAYS AND/OR

WEDNESDAYS AND/OR

FRIDAYS

**FEE: \$48 PER SESSION**

## ZUMBA® TONING (CHILTON)

**FEE: \$80**

## BRAIN ATTACK: STROKE

**FREE**

## CRACKING THE CODE TO WEALTH PLANNING

**FREE**

## GARDEN TIPS FOR GREAT TOMATOES

**FEE: \$5**

## GUIDE TO GI TRACT HEALTH: LOWER

**FREE**

## GUIDE TO GI TRACT HEALTH: UPPER

**FREE**

## THE IMPORTANCE OF MANAGING YOUR BLOOD PRESSURE

**FREE**

## LA DIVA TENORS

**FEE: \$20 (MAKE CHECK PAYABLE TO  
ATLANTIC HEALTH SYSTEM.)**

## LANDMARKS AND HISTORIC SITES OF MORRIS COUNTY

**FEE: \$5**

## RETHINK YOUR DRINK

**FEE: \$5**

## SALAD DRESSING SHOWDOWN

**FEE: \$5**

## SENIOR POLICE ACADEMY

**FREE**

## SPRING INTO BETTER HEALTH

**FEE: \$5**

## STRESS LESS, SLEEP MORE

**FREE**

## STROKE SCREENING

**FEE: \$25**

(CALL 973-831-5475 TO SCHEDULE  
AN APPOINTMENT.)

## THEODORE ROOSEVELT: AMERICAN IN THE ARENA

**FREE**

## UNDERSTANDING STROKE: ARE YOU AT RISK?

**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.

# Chilton Launches New Technology to Treat Stroke

## Faster treatment improves health outcomes

**C**hilton Medical Center paramedics can now “beam” a neurologist into an ambulance to examine a patient exhibiting stroke symptoms.

Using a hand held telemedicine device that’s equipped with broadband access and pan-tilt-zoom camera, neurologists miles away can assess a person well before they reach an emergency room.

“This equipment means the difference between spending the rest of your life at home, talking to your family, and spending the rest of your life in a nursing home in a wheelchair with a feeding tube,” said Dr. Robert Felberg, medical director of the Comprehensive Stroke Center for Atlantic Neuroscience Institute at Overlook Medical Center.

Early intervention allows doctors to provide treatment faster, like administering t-PA, a clot-busting drug that can help reverse stroke symptoms.

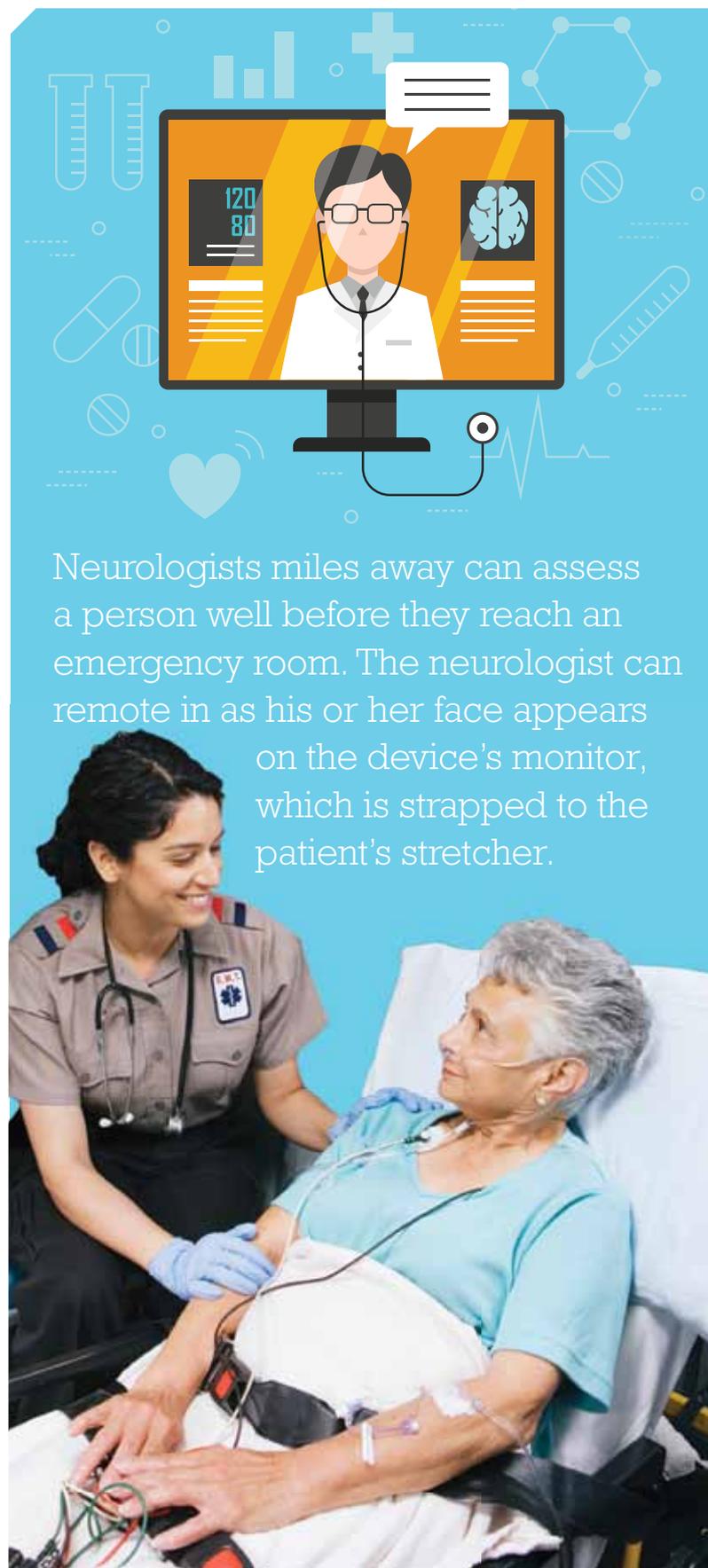
“The biggest piece of information we need in the emergency department is when the patient was last known to be well,” Felberg said. “There’s a time window for giving t-PA —within three to four-and-a-half hours, but the sooner you arrive by ambulance the more likely you are to do well. If we couldn’t give them the drug within that period of time, they can still do intervention at Overlook Medical Center and we would transfer the patient there.”

Chilton Medical Center is designated a Primary Stroke Center, but Overlook Medical Center is a Comprehensive Stroke Center, which means it has more resources available and can treat more complex patients.

The technology, Dr. Felberg said, allows people anywhere in the area to get the best stroke care available.

“It used to be if you had a stroke and you lived in this area in New Jersey, you wouldn’t get the care or you had to travel into Manhattan,” he said. “Now we’re bringing the care to you.” ▶

**For more information, call the Stroke Center at 973-831-5385.**



Neurologists miles away can assess a person well before they reach an emergency room. The neurologist can remote in as his or her face appears on the device’s monitor, which is strapped to the patient’s stretcher.

**Atlantic Health System**

475 South St.  
Morristown, NJ  
07960-6459

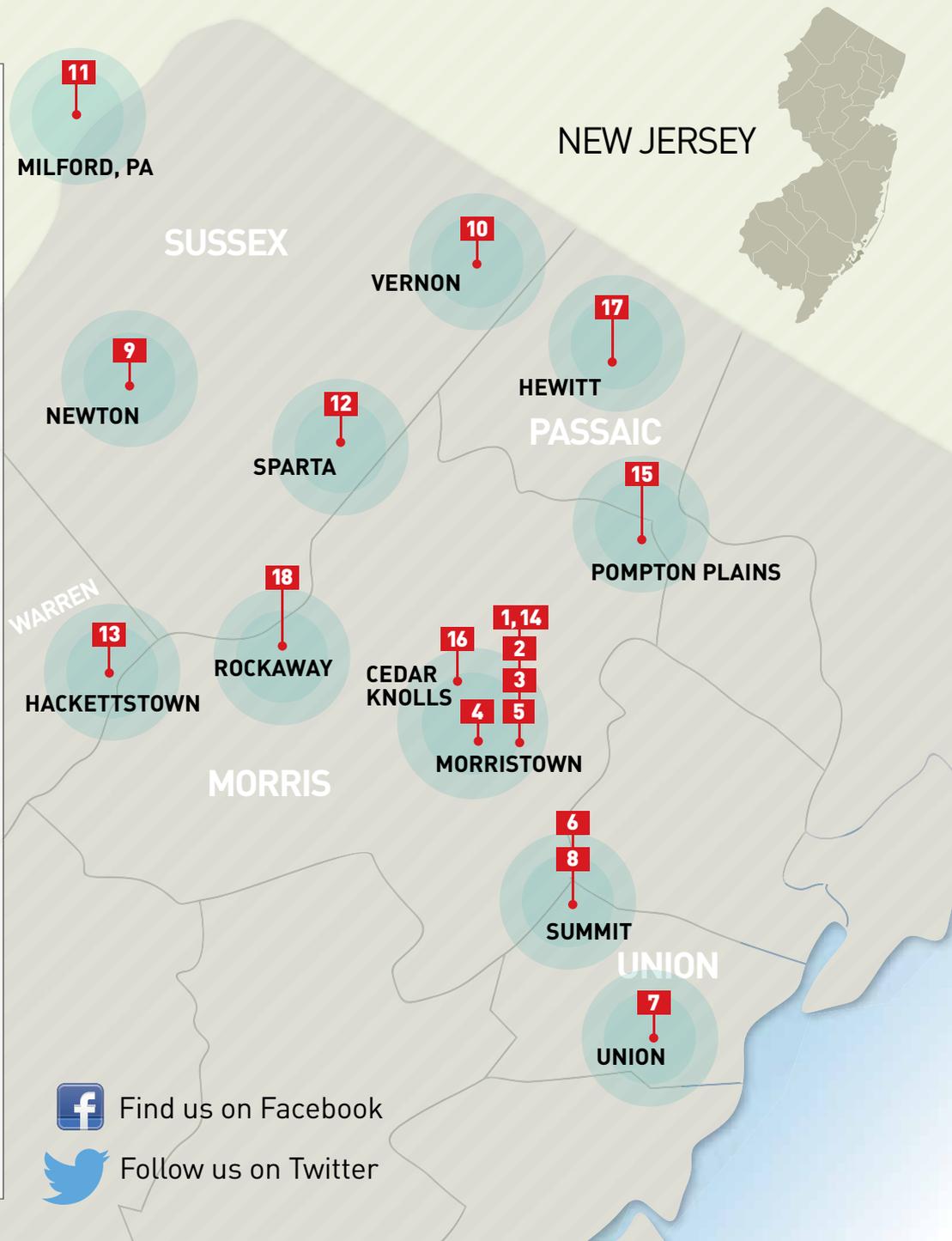
For a referral to  
an Atlantic Health System  
doctor, call 1-800-247-9580  
or visit [findadoctor.atlantichealth.org](http://findadoctor.atlantichealth.org).



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PERMIT 148  
SARATOGA  
NY 12866

Atlantic Health System **Main Locations**

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



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