REGISTER FOR SPRING’S NEW VITALITY COMMUNITY CLASSES

Atlantic Rehabilitation: Spring Back Into Health

New Hope for Stroke Patients

Travel MD®: Healthy Travels Ahead
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
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.

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.
When 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.”
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

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 chitonneighbors.org.

FREE SLEEP HEALTH SCREENINGS
Visit chiltonhealth.org.

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

DIABETES SELF-MANAGEMENT EDUCATION PROGRAM
For information or to schedule an appointment, call 973-831-5216.

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
AND/OR
DATE: Fridays, May 6 to July 1
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

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
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
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 July 12)
PLACE: Chilton Medical Center, Collins Pavilion
FEE: $48 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
**NEW VITALITY SPRING 2016**

**FREE MALL WALKER PROGRAM**

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

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

**ZUMBA® GOLD**

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)
- **PLACE:** Willowbrook Mall, Wayne Alliance
- **FEE:** $48 for each eight-week class

**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

**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

**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.

**POMPON LAKES**

- **PHONE:** 973-835-0143, ext. 225
- **WEBSITE:** pomptonlakesgov.com

**RINGWOOD**

- **PHONE:** 973-962-7079, ringwoodnj.net

**WANAQUE**

- **PHONE:** 973-839-3000, ext. 7122 or 7124
- **WEBSITE:** wanaqueborough.com

**WAYNE**

- **PHONE:** 973-694-1800, ext. 3241
- **WEBSITE:** waynetownship.com

**WEST MILFORD**

- **PHONE:** 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:**
- **TIME:** 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.
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

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**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 watch dog, 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

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

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

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.

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

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

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.
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
AQUACISE, LEVEL 1
- MONDAYS AND/OR WEDNESDAYS
  FEE: $48 PER SESSION

AQUACISE, LEVEL 2
  FEE: $48

ARTHRITEIS AQUATICS PROGRAM
  FEE: $48

ARTHRITEIS 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

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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

Chilton 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.
Atlantic Health System

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