

REGISTER FOR SPRING'S
new vitality
COMMUNITY CLASSES

well aware

Faster Stroke Treatment Improves Results and
Brain Recovery

Choosing the
Right Cancer
Surgeon



SPRING
2017



Atlantic
Health System
Chilton Medical Center



The days are longer and warmer, and you may be spending more time outdoors. At Chilton Medical Center, we're taking advantage of our beautiful walking path and hopefully, meeting you at some of our spring community events. We're also proud to share our plans for new projects and programs in this issue of *Well Aware*.

We broke ground late last year on our new Children's Center, and construction is well underway. Chilton Medical Center's unique care model will centralize all of our emergency and inpatient pediatric services in a setting designed to feel welcoming for our tiniest patients and their families. We look forward to opening the new Children's Center later this year.

We have also expanded services at our Pain Management Center. So many of us deal with chronic pain issues that can impact our quality of life, and Chilton's Pain Management Center specialists can help. We can offer you more options to manage and minimize your chronic pain issues.

Spring is a wonderful time to explore a new interest or try a new exercise regimen. Take a moment to browse the New Vitality calendar to discover your next passion.

On behalf of everyone at Chilton, enjoy all that this time of year has to offer and know that we are here to help you stay healthy and active all year long.

Stephanie Schwartz
President, Chilton Medical Center

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



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See back cover for all social media channels.



Atlantic Health System

Atlantic Health System is one of the largest nonprofit health care systems in New Jersey, comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation. The six medical centers have a combined total of 1,747 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.

OFFICIAL HEALTH CARE PARTNER



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Do Not Give in to Pain: **CONTROL IT**

Chronic pain can disrupt your sleep, affect your work and relationships, and limit your daily activities. And living with persistent pain can leave you feeling irritable, anxious, forgetful and exhausted.

The National Academy of Medicine reports that approximately 100 million Americans suffer from chronic pain, more than those with diabetes, heart disease and cancer combined. Chilton Medical Center's Pain Management Center has helped hundreds of individuals reclaim their independence and improve their quality of life.

The pain center's highly skilled specialists offer a comprehensive, caring, multidisciplinary approach to diagnosing, treating and relieving many types of chronic pain. And the center is linked to the hospital's full

continuum of advanced services, from state-of-the-art imaging technology and physical therapy to yoga classes and other complementary medicine techniques.

Board-certified pain management physicians work with radiologists, surgeons, psychiatrists, therapists and other medical experts to identify the underlying cause of your pain and develop a personalized plan of care that includes the newest interventions.

Pain is inevitable, but suffering with it need not be. Take charge of your pain by visiting one of Chilton's highly skilled and compassionate pain management physicians. ▶

For more information about Chilton Medical Center's Pain Management Center, or to schedule an appointment, call 973-831-5093.



Walk With Us to **Cure Lupus**

Did you know that lupus, an autoimmune disorder, affects 1.5 million people in the U.S.? That's one in every 200 people, and 16,000 people are diagnosed annually. To help combat this disease, Atlantic Health System is the presenting sponsor and will have a large team at the 2017 Walk With Us to Cure Lupus event to be held on Saturday, May 20, 2017, at MetLife Stadium in East Rutherford. Brian Gragnolati, president and CEO of Atlantic Health System, will chair the event. We hope you can join us. ▶

If you are interested in participating, contact lupuswalknj.org to register or call 1-866-925-5257 for more information.



**TOGETHER, WE'RE
CREATING A NEW
CHILDREN'S CENTER
AT CHILTON**

In 2015, Atlantic Health System and the Chilton Medical Center Foundation launched a one-year fund drive to raise \$600,000 for the creation of a new Children's Center at Chilton Medical Center – an innovative one-stop center for pediatric care, the only one of its kind in this region. A team of doctors and nurses specializing in pediatrics and pediatric emergency medicine will be on hand 24 hours a day, seven days a week.

The planned \$4 million, 4,500-square-foot center will pioneer a new approach to pediatric care by combining emergency services and inpatient care, all in one state-of-the-art facility located within the hospital. The Children's Center will feature child-friendly private inpatient rooms

with sleeping accommodations for parents, a family and patient lounge, toys, books, videos and a playroom. Creative arts, music therapy and child life programs will supplement treatment to help foster healing and reduce anxiety.

"We're astounded by the outpouring of support from our loyal community of donors," says Amy Hershman, foundation trustee and chair of the Major Gift Initiative. "Our success would not have been possible without the heartfelt generosity of area residents, along with charitable donations from foundations, corporations, hospital employees and other benefactors."

Late in 2016, the hospital held an official ground-breaking ceremony to kick off the start of construction. ▶

Faster Stroke Treatment

Improves Results and
Brain Recovery

Matt Bellifemine was in his basement when he heard a loud noise upstairs. When he arrived upstairs, he found his wife, Kathryn, on the floor.

"I thought she just slipped on the rug, but then I noticed she wasn't speaking properly and her face looked deformed," he says.

Kathryn says she has no memory of falling. "I was standing in my dining room on this little rug. Some invisible monster ripped that rug out from under my feet, because one second I was standing and the next I was on the floor."

When someone suffers a stroke, time is of the essence. In a matter of minutes, a person can sustain irreversible brain damage. Ischemic stroke is one of the leading causes of long-term disability, according to the American Stroke Association (ASA).

Atlantic Health System ensures timely treatment for stroke patients with cutting-edge in-transit telestroke (ITTS). Once Atlantic Health System paramedics load a stroke patient into an ambulance, medical personnel use an InTouch Xpress™ device for video communication with a stroke neurologist.



Another key to faster treatment: correctly identifying stroke symptoms. The ASA, along with the American Heart Association, suggest the F.A.S.T. approach. If individuals notice three symptoms – face drooping, arm weakness and speech difficulty – it's time to reach for the nearest phone.



LIFESAVING INNOVATION

The portable device is loaded with a high-definition camera, microphone and screen, all of which help the specialist perform a neurological evaluation while the patient is en route to the emergency department. Upon arrival, the neurologist assumes care in real time and can administer alteplase, a protein that can dissolve blood clots and restore flow to the brain.

“They got Kathryn into the ambulance and we went about a mile and a half and they pulled into a school parking lot,” says Matt. “They had the neurologist on the screen, and when we got to the hospital she immediately went back to the CT scan where they verified she had a stroke.”

Last year, a stroke study by researchers at Overlook Medical Center and Atlantic Health System found that the lifesaving tissue plasminogen activator (tPA) could be administered 13 minutes sooner if the patient was evaluated with ITTS.

“The more time that passes, the likelier a patient will sustain brain damage,” says Gary Belt, MD, FAAN, vascular neurologist with Atlantic Neuroscience Institute. “Our in-transit telestroke capabilities minimize these complications.”

Kathryn received the tPA at Chilton Medical Center and after being airlifted to Overlook Medical Center, went on to have two procedures,

angioplasty and stenting of the narrowed area in her carotid artery in her neck. This was then followed by a clot-removing procedure using the latest technology called a stent retriever, which restored blood flow in her brain within the critical time that it is needed. Kathryn is doing well today.

“I would not have had the outcome I did without this service. It was exactly four hours from the time I was on the floor until Dr. Ron Benitez [director of endovascular neurosurgery for Atlantic Health System] operated on me that night. How lucky am I to have been there and get, at midnight, one of the best surgeons in this field.”

Another key to faster treatment: correctly identifying stroke symptoms. The ASA, along with the American Heart Association, suggest the F.A.S.T. approach. If individuals notice three symptoms – face drooping, arm weakness and speech difficulty – it's time to reach for the nearest phone.

“If you think you or someone you know is having a stroke, it's a medical emergency,” says Dr. Belt. “Call 911 immediately.”

For more information about telestroke services, visit atlantichealth.org/strokecenters.

ATLANTIC MEDICAL GROUP

Dr. Gary Belt is a part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroupnj.org.

SPECIAL EVENTS

EVERYTHING EVERLY

THE GUTHRIE BROTHERS SING THE BEST OF THE EVERLY BROTHERS

The Guthrie Brothers share a lot of history with The Everly Brothers. Like their idols Don and Phil, Jeb and Jock have Kentucky roots, grew up in the Midwest and discovered their perfect singing harmonies at an early age. "Everything Everly" is a labor of love for the Guthries. Jeb and Jock play and sing this tribute, performing such hits as "Bye Bye Love," "Wake Up Little Susie" and the beautiful ballad, "All I Have to Do Is Dream." The Guthrie Brothers perform these

classics with startling authenticity, as they engage the audience with lots of humor and history along the way. Please join us for this unforgettable musical event.

Thank you to our sponsors: CareOne at Wayne, Cedar Crest, Lakeland Health Care Center, Lincoln Park Care Center (JDT Villa Rehabilitation) and Llanfair House Care & Rehabilitation Center.

TIME: 7:00pm

DATE: Thursday, May 11

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

FEE: \$20

HOLD THE DATE: ANNUAL WOMEN'S EVENT

LIFE IS A JOURNEY, LAUGH ALL THE WAY

For more information, call 973-831-5367.

PRESENTER: Comedian Jeff Allen (jeffallencomedy.com)

TIME: 5:30pm

DATE: Wednesday, October 11

PLACE: The Brownstone, 351 West Broadway, Paterson

FEE: \$46

INTEGRATED WELLNESS

ARTHRITIS AQUATICS PROGRAM (Joint-Friendly)

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

TIME: Noon to 12:45pm

DATE: Thursdays, 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

ARTHRITIS EXERCISE PROGRAM (Joint-Friendly)

Gentle activities help increase joint flexibility and maintain range of motion. Class size is limited – register early.

TIME: 1:30 to 2:15pm

DATE: Mondays, May 1 to June 26 (no class May 29)

PLACE: Atlantic Rehabilitation, 242 West Parkway, Pompton Plains

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, April 25 to June 27

PLACE: Atlantic Rehabilitation, 242 West Parkway, Pompton Plains

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 24 to June 19 (no class May 29)

PLACE: Atlantic Rehabilitation, 242 West Parkway, Pompton Plains

FEE: \$64 for all eight weeks

SATURDAY HATHA YOGA SESSIONS FOR CANCER PATIENTS

For more information, call 973-831-5311.

T'AI CHI CHIH® – 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 4 to June 22

PLACE: Atlantic Rehabilitation, 242 West Parkway, Pompton Plains

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

DATE: Thursdays, May 4 to June 22

PLACE: Atlantic Rehabilitation, 242 West Parkway, Pompton Plains

FEE: \$40 for all eight weeks

YOGA – BEGINNER

Bring a small blanket and a mat for the floor.

LEARNING @ YOUR LEISURE

Learning @ Your Leisure will allow you to view recorded webinars from the comfort of your home. For information or to view the webinars, visit our website at chiltonneighbors.org.

FREE SLEEP HEALTH SCREENINGS

Visit chiltonhealth.org.

PULMONARY REHABILITATION PROGRAM

This nine-week program is for people with various lung conditions. For information, call 973-831-5427.

SMOKING CESSATION PROGRAM

This FREE eight-week program meets on Wednesdays, from 6:30 to 7:30pm. For information, call 973-831-5427.

DIABETES SELF-MANAGEMENT EDUCATION PROGRAM

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

TIME: 11:30am to 12:30pm

DATE: Tuesdays, May 2 to July 11 (no class July 4)

PLACE: Atlantic Rehabilitation, 242 West Parkway, Pompton Plains

FEE: \$50 for all 10 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 2 to July 11 (no class July 4)

PLACE: Atlantic Rehabilitation, 242 West Parkway, Pompton Plains

FEE: \$50 for all 10 weeks

EXERCISE

AQUACISE, LEVEL 1 (Joint-Friendly)

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

TIME: Noon to 12:45pm

DATE: Mondays, May 1 to June 26 (no class May 29)

AND/OR

DATE: Wednesdays, May 3 to June 28 (no class May 31)

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 3 to June 28 (no class May 31)

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 2 to June 27 (no class May 9)

AND/OR

DATE: Thursdays, May 4 to June 29 (no class May 11)

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- to 3-pound weights.

TIME: 5:30 to 6:15 pm

DATE: Tuesdays, May 2 to June 27 (no class May 23)

PLACE: Atlantic Rehabilitation, 242

West Parkway, Pompton Plains

FEE: \$40 for all eight weeks

DANCING THROUGH THE DECADES

Each class will focus on giving you a good workout by learning a different style of dance. Join us on this fun, cardio dance journey through time.

TIME: 5:45 to 6:45pm

DATE: Thursdays, April 27 to June 22 (no class May 4)

PLACE: Atlantic Rehabilitation, 242 West Parkway, Pompton Plains

FEE: \$64 for all eight weeks

LITE & FIT

Light strength training, some chair exercises and no floor work. Bring a light set of handheld weights to the first class.

TIME: 2:00 to 3:00pm

DATE: Tuesdays, May 2 to July 11 (no class May 30, June 20 and July 4)

AND/OR

DATE: Thursdays, May 4 to July 13 (no class June 1, June 22 and July 6)

PLACE: Atlantic Rehabilitation, 242 West Parkway, Pompton Plains

FEE: \$40 for each eight-week class

MUSCLES IN MOTION – TWO LOCATIONS

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

TIME: 4:30 to 5:30pm

DATE: Mondays, May 1 to July 10 (no class May 29, June 19, July 3)

PLACE: Atlantic Rehabilitation, 242 West Parkway, Pompton Plains

FEE: \$40 for all eight weeks

AND/OR

TIME: 11:30am to 12:30pm

DATE: Thursdays, May 4 to June 29 (no class May 11)

PLACE: Wayne Presbyterian Church, 1200 Alps Road, Wayne

FEE: \$48 for all eight weeks



Our brand-new Walk With a Doc program is striding along, and you do not want to miss it. Chilton Medical Center is bringing this

nationally recognized program to our local community. Here's how it works: On the third Wednesday of each month, the group meets to hear a brief presentation from a local doctor and then goes for a walk together. The program is open to all levels and abilities. Participants can enter for raffle prizes

just for walking with us. A parent/guardian must accompany participants under age 18. Preregistration is recommended. To preregister, call 973-831-5475. Funded in part by a grant from Coverys Community Healthcare Foundation.

TIME: 9:00am

DATE: Wednesdays, April 19, May 17 and June 21

PLACE: Willowbrook Mall, Wayne (meet in the food court – use the entrance between Blaze Pizza and Ruby Tuesday)

FREE

THE POWER HOUR

Promotes muscular endurance, balance and bone strengthening. Bring a set of handheld weights and a mat.

TIME: 5:30 to 6:30pm

DATE: Wednesdays, May 3 to July 12 (no class May 31, June 21 and July 5)

PLACE: Atlantic Rehabilitation, 242 West Parkway, Pompton Plains

FEE: \$64 for all eight weeks

ZUMBA® GOLD

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

TIME: 1:00 to 1:45pm

DATE: Mondays, May 1 to June 26 (no class May 29)

AND/OR

TIME: 10:00 to 10:45am

DATE: Wednesdays, May 3 to June 28 (no class May 31)

AND/OR

TIME: 10:00 to 10:45am

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

PLACE: Wayne Presbyterian Church, 1200 Alps Road, Wayne

FEE: \$48 for each eight-week session



ZUMBA® GOLD AT CHILTON

TIME: 1:00 to 1:45pm

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

PLACE: Atlantic Rehabilitation, 242 West Parkway, Pompton Plains

FEE: \$40 for all eight weeks

ZUMBA® TONING

This class blends body-sculpting techniques and Zumba moves into one calorie-burning, strength-training class. Bring a set of light handheld weights.

TIME: 7:00 to 8:00pm

DATE: Wednesdays, April 19 to June 21

PLACE: Atlantic Rehabilitation, 242 West Parkway, Pompton Plains

FEE: \$80 for all 10 weeks

TIME: 10:00am

DATE: Friday, May 12

PLACE: Chilton Medical Center, Collins Pavilion

FREE

STROKE SCREENING

May is National Stroke Awareness Month. Join us for a free stroke screening, which includes blood pressure, total cholesterol, HDL (good cholesterol), glucose, pulse, BMI, and health education counseling and materials. **Appointments are limited and required. For information and to make an appointment, call 973-831-5475.**

TIME: 8:30 to 10:30am

DATE: Tuesday, May 23

PLACE: Atlantic Rehabilitation, 242 West Parkway, Pompton Plains

FREE

HEALTH EDUCATION

KEEP YOUR COLON HEALTHY

Learn about the risks for colorectal cancer, the signs and symptoms, the various screenings, and how you can lower your risk.

PRESENTER: Jon D. Green, MD

TIME: 7:00pm

DATE: Thursday, April 13

PLACE: Chilton Medical Center, Collins Pavilion

FREE

STROKE: ACT 'F.A.S.T.'

A stroke is a medical emergency; learn the risk factors and how to identify the signs associated with a stroke. Know what to do in the event you or a loved one has a stroke, and how to act F.A.S.T. Llanfair House Care & Rehabilitation Center will provide healthy refreshments.

PRESENTER: Fiona Ahern, coordinator – Special Projects, Stroke Program

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 they often call high blood pressure, or hypertension, the "silent killer." Milford Manor Nursing & Rehabilitation will provide a light breakfast.

PRESENTER: Ravi Rathi, MD

TIME: 10:00am

DATE: Friday, June 30

PLACE: Chilton Medical Center, Collins Pavilion

FREE

WALK WITH A DOC SPECIAL EVENT

Do not miss out on a very special Walk With a Doc event: our first outdoor walk. Lace up your walking shoes and join us to celebrate the grand opening of the historic Morris Canal Walking Trail in Lincoln Park on National Trail Day. Follows the same talk-then-walk format as our traditional events. Preregistration recommended; call 973-831-5475. Walk-ins welcome, so bring a friend to this family-friendly event.

TIME: 10:00am to Noon

DATE: Saturday, June 3

PLACE: Morris Canal Walking Trail (starting at American Legion Post 279, 133 Main Street, Lincoln Park)

FREE

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

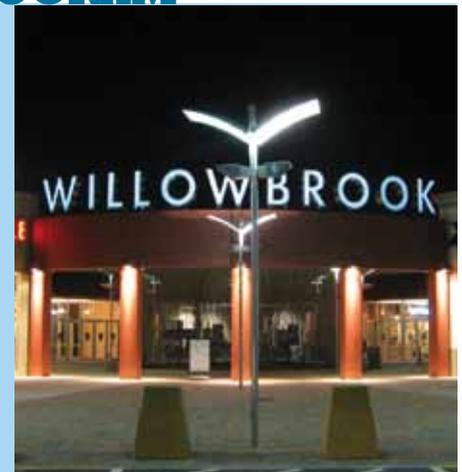
FREE MALL WALKER PROGRAM

Participants may walk from:

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

PLACE: Willowbrook Mall, Wayne

Willowbrook Mall, Wayne Alliance for the Prevention of Substance Abuse, Chilton Cardiac Rehabilitation and CareOne at Wayne are co-sponsoring the Mall Walker Program. Call 973-831-5367 to register to receive your ID badge, which you will need prior to walking in the mall.



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.

Cancer Support Group: For men and women who are newly diagnosed, in treatment and up to two years post treatment. 1:30 to 3:00pm the second Tuesday of the month – Chilton Medical Center, Collins Pavilion Cancer Center Conference Room. For information, call 973-831-5311.

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.

NEW – Stroke Support Group: Noon to 1:00pm the second Monday of the month – Chilton Medical Center, Cafeteria Conference Room. For information, call 973-831-5385 or email fiona.ahern@atlantichealth.org.

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.

NUTRITION

MEATLESS MONDAY

Are you interested in trying to eat vegetarian once a week? Would you like to learn how to prepare healthy meatless meals? Let a registered dietitian teach you how to prepare nutritious vegetarian meals, learn more about the benefits of eating vegetarian, and learn how you can better incorporate vegetables in your diet. Recipes and samples included. There will also be a raffle for a free spiralizer.

PRESENTER: Tara Bonanno, MPH, RD,



ShopRite of Oakland

TIME: 7:00pm

DATE: Monday, April 10

PLACE: Chilton Medical Center,
Collins Pavilion

FEE: \$5

CALCIUM 101: THE BASICS

We hear so much about the importance of calcium, but do we really know the facts? Join us during National Dairy Month and learn the basics on calcium: What does it do, what do we need, and where do we get it? Recipe ideas and tasting included.

PRESENTER: Danielle Colombo, RD,
ShopRite of Lincoln Park

TIME: 2:00pm

DATE: Wednesday, June 28

PLACE: Chilton Medical Center,
Collins Pavilion

FEE: \$5

CHILTON MEDICAL CENTER - NATIONAL SENIOR HEALTH & FITNESS DAY

With movement ... there's improvement. This event is a collaborative project between Nursing Education, Community Outreach, Wayne Alliance for Prevention of Substance Abuse and the Wayne YMCA to promote health and fitness for our community's older adults. This one-day event will include screenings, information tables, exercise demonstrations, speakers, refreshments, giveaways and other fun activities. For information and to register, call 973-831-5367.

DATE: Wednesday, May 31

PLACE: Wayne YMCA, 1 Pike Drive Wayne

FREE



POWER PLATE WORKSHOP

Join us for an exclusive two-part workshop with Dr. Dani Segal, holistic nutritionist from Healthy Thymes Market. She will be sharing her secrets so you can better control your health through nutrition. You will learn the science behind the powerful nutrients in foods you already love, and hear about exciting, new foods that can help you get and stay healthy. Atlantic Health System's Healthy Avenues Van will be on-site for blood pressure screenings. Healthy Thymes Market will provide healthy snacks.

PRESENTER: Dani Segal, PhD

TIME: 5:30 to 6:30pm – van tour and
blood pressure screenings;
6:30 to 8:30pm – workshop

DATE: Wednesday, June 21 –
*Cardiovascular Challenges,
Diabetes and Weight Control
Power Plate Foods*

AND

DATE: Wednesday, June 28 – *Cancer
Protection and Survival Power
Plate Foods*

PLACE: First Reformed Church,
529 Newark Pompton Turnpike,
Friendship Hall, Pompton Plains

FEE: \$5 for both sessions



LIFE ENRICHMENT

April is Stress Awareness Month, and there are few things more stressful than caregiving. Please join us to learn some of the ways that you can alleviate caregiver stress and stress in general by being prepared and organized when a problem arises. Lucy Deutsch, CALA, CMA, of LHD Eldercare Solutions, LLC will present these three programs.

ELDER CAREGIVING 101: WHAT EVERY NEW CAREGIVER NEEDS TO KNOW

Did you choose to be a caregiver, or did the situation choose you? Your caregiving journey will allow you the opportunity to develop skills and talents, and in the process you will make an irreplaceable difference in the life of someone you love. This program will enlighten you about signs that help is needed, where to start, which questions to ask, and how to find the help you will need along the way. Refreshments provided by Lakeland Health Care Center.

TIME: 7:00pm

DATE: Thursday, April 20

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$5

HOME SUITE HOME: CREATING A SENIOR-FRIENDLY ENVIRONMENT

Most studies indicate that older adults want to remain in their own homes. Learn to recognize potential problems and understand what you

can do to help your loved one function independently and safely at home for as long as possible.

TIME: 10:00am

DATE: Wednesday, May 3

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$5

PREPARING AND ORGANIZING THE MOST IMPORTANT DOCUMENTS OF YOUR LIFE

Do you know where these important papers are located: wills, living wills, powers of attorney, property deeds, military records, insurance policies, bank records, birth certificates, "Files of Life"? Learn what you need to do to create a comprehensive document checklist and to organize papers so they will be both safe and accessible when you do need them.

TIME: 1:00pm

DATE: Wednesday, May 10

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$5

SENIOR POLICE ACADEMY



The Passaic County Sheriff's Office will host this award-winning four-week course to enlighten our senior community and improve their quality of life. Some of the topics that may be covered include: traffic and pedestrian safety/defensive driving, fire safety, crime prevention, senior fraud, alcoholism and prescription drug abuse. 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 4 to 25

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

FREE

BROOKLYN BASEBALL: BEFORE AND WITH JACKIE ROBINSON

Brooklyn's primary role in the creation and growth of baseball,

its long-standing passion for the game and its own Brooklyn Dodgers, and the breaking down of racial barriers with the Dodgers' hiring of Jackie Robinson made the borough of Brooklyn central to the game of baseball as we know it today.

PRESENTER: Peter Laskowich

TIME: 10:00am

DATE: Wednesday, April 5

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$5



2017 CARE AND KINDNESS CONFERENCE

Sponsored by Atlantic Health System, this conference will offer 20 workshops on forgiveness, art/music therapy, meditation, active listening, substance abuse, health care decision making, care for the caregiver, suicide, depression and more. **For more information and to register, go to careandkindness.org. Click on Care Conferences tab, and then Upcoming Conferences, Pompton Plains.** Early registration is strongly suggested, as attendance is limited.

PRESENTER: Dr. James Kok

TIME: 9:00am to 3:30pm

DATE: Saturday, May 6

PLACE: First Reformed Church, 529 Newark Pompton Turnpike, Pompton Plains



LIFE ENRICHMENT

LIGHTHOUSES: CAPE COD AND RHODE ISLAND

Since ancient times, lighthouses have guided sailors into safe harbors and warned them of coastal hazards. Learn the history of lighthouses, from the ancient Pharos of Alexandria to the modern world; how they were built and how they work; and stories of some of the brave men and women who tended the lights. This program, NEW for 2017, features the lighthouses of Cape Cod and southern Rhode Island, including Newport and Block Island.

PRESENTER: Kevin Woyce
TIME: 10:00am



DATE: Wednesday, May 24
PLACE: Chilton Medical Center,
Collins Pavilion
FEE: \$5

IMAGES THAT DEFINE US: A BRIEF HISTORY OF AMERICAN PHOTOGRAPHY (PARTS 1 AND 2)

This two-part program examines historic and contemporary American photography from its birth to the present, by discussing the famous and easily recognized images of important photographers.

PRESENTER: Jim DelGiudice,
The Judgson Lecture Series
TIME: 10:00am
DATE: Friday, June 9, AND Friday,
June 23
PLACE: Chilton Medical Center,
Collins Pavilion
FEE: \$5 for each session

AUXILIARY EVENT



SAVE THE DATE: QUEEN'S TEA

TIME: Noon and 6:00pm
DATE: Thursdays, October 5 and 12
PLACE: HighSocTea House,
20 Old Newark Pompton
Turnpike, Wayne
For information, call the Auxiliary
at 973-831-5345.

Learn about the benefits of membership in the Chilton Medical Center Auxiliary by calling 973-831-5345, or come to our next luncheon meeting.

FOUNDATION EVENTS

For information, call 973-831-5165 or visit chiltonhealth.org/special-events.

Annual Wine Event

DATE: Friday, April 28
PLACE: Preakness Hills Country Club,
1050 Ratzer Road, Wayne

33rd Annual Chilton Golf Classic

DATE: Monday, June 19
PLACE: Preakness Hills Country Club,
1050 Ratzer Road, Wayne



FINANCIAL PROGRAM

THE SECRETS TO MAXIMIZING YOUR SOCIAL SECURITY BENEFITS

There are more than 2,700 regulations that govern Social Security. A typical married couple has more than 500 possible ways in which to file for their Social Security retirement benefits. If you are divorced or widowed, the filing can be even more complicated. Topics covered will include: strategies to increase your benefit amounts; coordinating Social Security income with your other retirement benefits; recent changes to spousal benefits; and future changes to expect. **Preregistration required; to register, call the foundation office at 973-831-5251.**

PRESENTERS: Brian F. Donnelly and Stephen A. Oliver, Manhattan Ridge Advisors
TIME: 5:30pm – doors open; 6:00pm – presentation
DATE: Thursday, April 13
PLACE: Chilton Medical Center, Board Room
FREE



Atlantic Health System
Chilton Medical Center

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, call the **New Vitality office** at 973-831-5367.
4. If a class is full when we receive your check, your check will be returned and you will be placed on a waiting list and 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 nonrefundable 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 we cannot schedule a makeup date.

To view the New Vitality calendar of events or to fill out a membership application, visit atlanticealth.org/newvitality.

Name(s) _____

Address(es) _____

City/State/ZIP _____

Daytime Phone _____

Cellphone _____

Email Address _____

Total Enclosed \$ _____

RELEASE OF RESPONSIBILITY FOR PARTICIPATION IN CHILTON MEDICAL CENTER'S EXERCISE PROGRAMS
I, _____, hereby consent to become a participant in the New Vitality class offered by Chilton Medical Center. I understand that this program is centered on exercise and health.

As with any exercise, there is a slight possibility of injury and I understand that if I am concerned about the appropriateness of these exercises I will inform the instructor, consult my physician and follow his/her instructions.

I recognize that there is a possibility that I may incur some injury or develop or aggravate some medical problem as a result of my participation in the session(s), and I wish to assume the risk. Accordingly, I agree that I will not hold New Vitality, or Chilton Medical Center, or Atlantic Health System or the instructor liable or seek any legal recourse of any kind for any injury or aggravation of a pre-existing condition resulting from my participation in this program.

I have read this consent and waiver carefully, I understand it, and I have signed it with the understanding that it is legally binding upon me.

Witness _____

Signature of Participant _____

Date _____



Registration Form Spring 2017

Please refer to the descriptions inside for class dates, times and locations, and make sure to complete both sides of this registration form. For directions or information about any of these classes, call the New Vitality office at 973-831-5367.

AQUACISE, LEVEL 1 (Joint-Friendly)

Mondays *AND/OR*

Wednesdays

FEE: \$48 per session

AQUACISE, LEVEL 2 (Joint-Friendly)

FEE: \$48

ARTHRITIS AQUATICS PROGRAM

(Joint-Friendly)

FEE: \$48

ARTHRITIS EXERCISE PROGRAM

(Joint-Friendly)

FEE: \$40

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

LITE & FIT

Tuesdays *AND/OR*

Thursdays

FEE: \$40 per session

MEDITATION FOR MINDFUL

WELL-BEING

FEE: \$64

MUSCLES IN MOTION

(Pompton Plains)

FEE: \$40

MUSCLES IN MOTION (Wayne)

FEE: \$48

THE POWER HOUR

FEE: \$64

T'AI CHI CHIH® – BEGINNER

(Joint-Friendly)

FEE: \$40

T'AI CHI CHIH® – INTERMEDIATE

(Joint-Friendly)

FEE: \$40

YOGA – BEGINNER

FEE: \$50

YOGA – INTERMEDIATE

FEE: \$50

ZUMBA® GOLD (Pompton Plains)

FEE: \$40

ZUMBA® GOLD (Wayne)

Mondays *AND/OR*

Wednesdays *AND/OR*

Fridays

FEE: \$48 per session

ZUMBA® TONING (Pompton Plains)

FEE: \$80

BROOKLYN BASEBALL: BEFORE AND WITH JACKIE ROBINSON

FEE: \$5

CALCIUM 101: THE BASICS

FEE: \$5

ELDER CAREGIVING 101: WHAT EVERY NEW CAREGIVER NEEDS TO KNOW

FEE: \$5

EVERYTHING EVERLY: THE GUTHRIE BROTHERS SING THE BEST OF THE EVERLY BROTHERS

FEE: \$20

HOME SUITE HOME: CREATING A SENIOR-FRIENDLY ENVIRONMENT

FEE: \$5

IMAGES THAT DEFINE US: A BRIEF HISTORY OF AMERICAN PHOTOGRAPHY

Part 1

Part 2

FEE: \$5 per session

THE IMPORTANCE OF MANAGING YOUR BLOOD PRESSURE

FREE

KEEP YOUR COLON HEALTHY

FREE

LIGHTHOUSES: CAPE COD AND RHODE ISLAND

FEE: \$5

MEATLESS MONDAY

FEE: \$5

NATIONAL SENIOR HEALTH & FITNESS DAY

FREE

POWER PLATE WORKSHOP

FEE: \$5

PREPARING AND ORGANIZING THE MOST IMPORTANT DOCUMENTS OF YOUR LIFE

FEE: \$5

SENIOR POLICE ACADEMY

FREE

STROKE: ACT 'F.A.S.T.'

FREE

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

FREE

WALK WITH A DOC

FREE



CHOOSING THE RIGHT Cancer Surgeon

Getting a diagnosis of cancer can be life-changing. “People automatically hear that word and the world crushes down around them, but cancer is a treatable disease,” says Lee Starker, MD, PhD, surgical oncology specialist.

At Atlantic Surgical Oncology, doctors take a multidisciplinary approach, including chemotherapy, radiation and surgery. If a patient needs surgery, “finding the right entry point into the system is very important, in addition to finding the right doctor who can be the patient champion,” says Lawrence Harrison, MD, chief of Atlantic Surgical Oncology.

Dr. Starker says patients should “find a doctor whom they feel most comfortable with because, in the end, they are going to be going through a journey with that person.”

Surgical oncologists take care of most cancers except for lung, brain or gynecologic. Kai Bickenbach, MD, section chief of the Division of Surgical Oncology for Morristown Medical Center, says it is important to distinguish between a cancer surgeon and a general surgeon. “You need to know if they have done training in cancer surgery. It’s also important to know if the surgeon treats a certain number of cases annually.”

Eric Whitman, MD, medical director, Atlantic Health System oncology service line, says the cancer program sees about 6,000 new cancer

cases a year, more than many university cancer centers. When choosing a program and physician, “look for a place that has the necessary expertise with physicians who have seen this type of cancer before. It’s important that the program is data-driven and that nationally and internationally accepted guidelines and standards are being used, in addition to published medical data.”

But expertise is not the only thing to look for. Dr. Whitman says to “look for a place where you’re treated like a human being, not another number. From physicians and nurses to staff and the people answering the phone, our people are enthusiastic and compassionate about what they do. Everything we do is focused on the patient.”

For more information, visit atlantichealth.org/cancer.

ATLANTIC MEDICAL GROUP

Drs. Kai Bickenbach, Lawrence Harrison, Lee Starker and Eric Whitman are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroupnj.org.

Atlantic Health System
475 South St.
Morristown, NJ 07960-6459

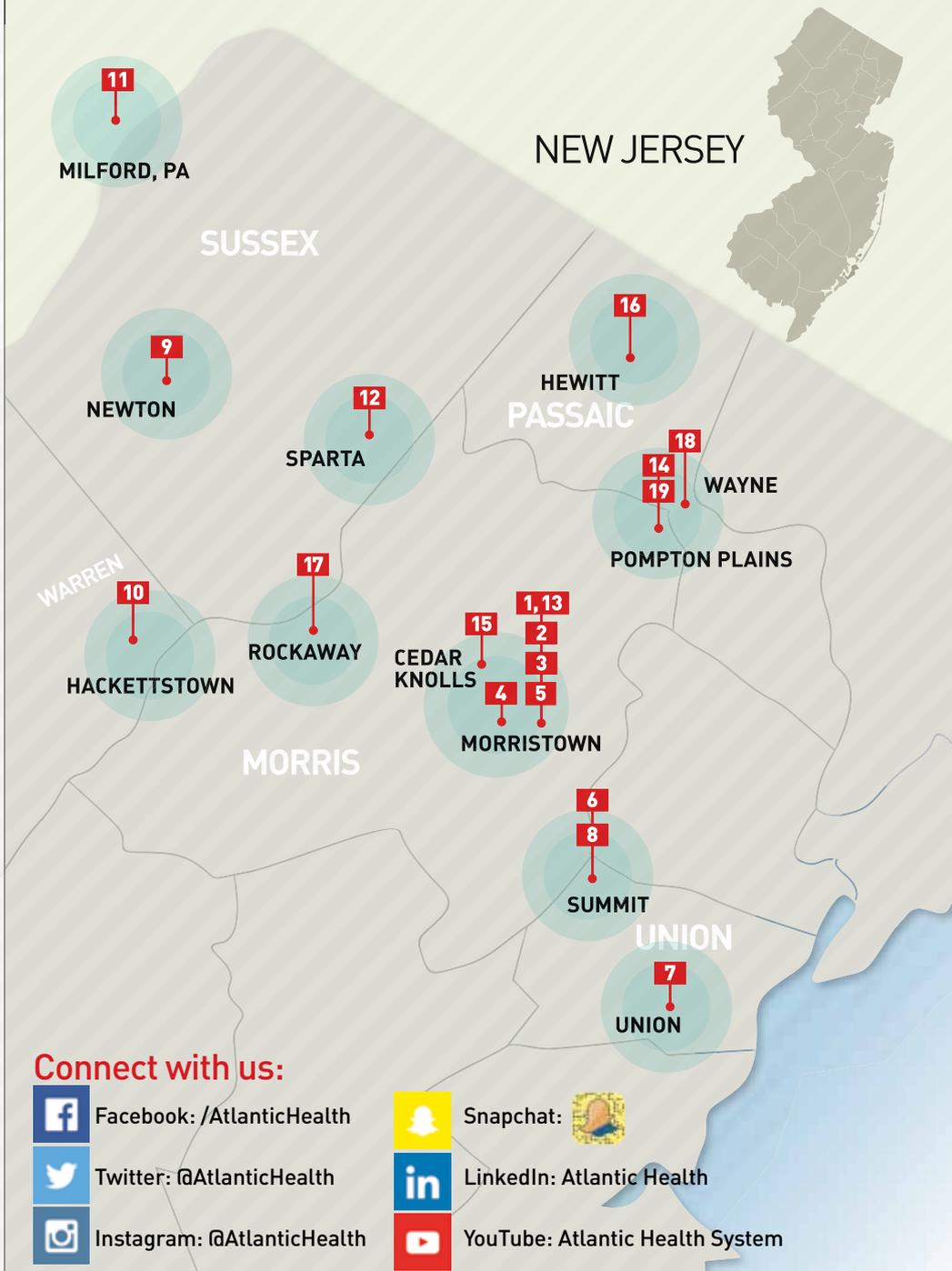
For a referral to
an Atlantic Health System
doctor, call 1-800-247-9580
or visit atlantichealth.org/doctors.



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SARATOGA
NY 12866

Atlantic Health System Main Locations

- | | |
|--|---|
| <p>1 Morristown Medical Center
<i>(includes Carol G. Simon Cancer Center and Gagnon Cardiovascular Institute)</i>
100 Madison Ave.,
Morristown, NJ 07960
973-971-5000</p> <hr/> <p>2 Outpatient Medicine
<i>(includes Atlantic Medical Group multispecialty medical care, lab and radiology)</i>
435 South St., Morristown,
NJ 07960
973-660-3105</p> <hr/> <p>3 Atlantic Sports Health
111 Madison Ave.,
Morristown, NJ 07960
973-971-6898</p> <hr/> <p>4 Atlantic Rehabilitation
95 Mount Kemble Ave.,
Morristown, NJ 07960
973-971-4481</p> <hr/> <p>5 Goryeb Children's Hospital
100 Madison Ave.,
Morristown, NJ 07960
973-971-5000</p> <hr/> <p>6 Overlook Medical Center
<i>(includes Atlantic Neuroscience Institute, Carol G. Simon Cancer Center and Goryeb Children's Center)</i>
99 Beauvoir Ave., Summit,
NJ 07901
908-522-2000</p> <hr/> <p>7 Overlook, Union Campus
<i>(includes Emergency Services, Overlook Imaging and Outpatient Laboratory Services)</i>
1000 Galloping Hill Road,
Union, NJ 07083</p> <hr/> <p>8 Overlook Downtown
<i>(includes Center for Well Being - Atlantic Integrative Medicine and Overlook Medical Center Community Health)</i>
357 Springfield Ave.,
Summit, NJ 07901
908-598-7997</p> <hr/> <p>9 Newton Medical Center
175 High St.,
Newton, NJ 07860
973-383-2121</p> | <p>10 Hackettstown Medical Center
651 Willow Grove St.,
Hackettstown, NJ 07840
908-852-5100</p> <hr/> <p>11 Milford Health & Wellness Urgent Care
111 E. Catharine St.,
Milford, PA 18337
570-409-8484</p> <hr/> <p>12 Sparta Health & Wellness
89 Sparta Ave.,
Sparta, NJ 07871
973-726-4232</p> <hr/> <p>13 Chambers Center for Well Being
435 South St.,
Morristown, NJ 07960
973-971-6301</p> <hr/> <p>14 Chilton Medical Center
97 W. Parkway,
Pompton Plains,
NJ 07444
973-831-5000</p> <hr/> <p>15 Medical Institute of New Jersey
11 Saddle Road, NJ 07927
973-267-2122</p> <hr/> <p>16 Chilton Ambulatory Care Center
<i>(includes Chilton Imaging and Outpatient Laboratory Services)</i>
1900 Union Valley Road,
Hewitt, NJ 07421
1-855-862-2778</p> <hr/> <p>17 Morristown Medical Center Health Pavilion
<i>(includes Atlantic Medical Group multispecialty medical care, walk-in services, lab and radiology)</i>
333 Mount Hope Ave.,
Rockaway, NJ 07866
973-895-6604</p> <hr/> <p>18 Atlantic Medical Group
<i>(includes primary care and orthopedics)</i>
1055 Hamburg Turnpike,
Wayne, NJ 07470</p> <hr/> <p>19 Atlantic Rehabilitation
242 W. Parkway
Pompton Plains, NJ 07444
973-831-0717</p> |
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