

well aware

**YOUR NEW VITALITY &
COMMUNITY SUMMER
CALENDAR IS HERE!**

**Knee Replacement
Is a Perfect Fit**

**New Technique Treats
Strokes Robotically**

SUMMER
2014



**Chilton
Medical Center**
ATLANTIC HEALTH SYSTEM

DEAR FRIENDS,

It's a pleasure to welcome you to the first issue of *Well Aware* Chilton. As many of you know, in the past our publication was called *New Vitality*, but now we've refreshed our look just in time for summer and hope you enjoy the change.

As *New Vitality* has always done, *Well Aware* will bring you a great list of course offerings for summer 2014 that will enrich your lives and bring your body and mind into increased harmony. Courses range from Exercise and Integrative Wellness to Patient Education and Nutrition. There's also information on support groups for various communities and free health screenings. Just follow the instructions on the form we've included so you can register.

Feature stories show how robotics is enhancing the quality of stroke care at Chilton along with what a customized knee replacement can mean for you. Please pass the information along to your friends and family — and enjoy the warm weather.

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

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NEW: **Be Well** App for Chilton Medical Center.



Talk to us

Tell us what you want to read about in *Well Aware*. Email us at well.aware@atlanticehealth.org. Or write us at Atlantic Health System, Attn: *Well Aware*, P.O. Box 1905, Morristown, NJ 07962.

Visit our blog

Well Aware — Your Way provides an open forum for patients, employees and friends of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center and Goryeb Children's Hospital to foster a discussion about issues related to hospital experiences and current health topics. Check us out at atlanticehealthblog.org.

Well Aware Kids

Twice a year, Goryeb Children's Hospital publishes *Well Aware Kids*. The publication has informative articles for those with kids ranging from newborns to teenagers. Want a copy? Please contact us at well.aware@atlanticehealth.org.



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For additional information, visit atlanticehealth.org.



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Morristown Medical Center
Overlook Medical Center
Newton Medical Center
Chilton Medical Center
Goryeb Children's Hospital
Atlantic Health System

Atlantic Health System is one of the largest nonprofit health care systems in New Jersey, comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center and Goryeb Children's Hospital. The five medical facilities have a combined total of 1,599 licensed beds and more than 3,700 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in their respective fields.

OFFICIAL
HEALTH CARE
PARTNER



AN OFFICIAL HEALTH PROVIDER
OF THE NEW JERSEY DEVILS



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Simple Summer Hydration

Because you'll most likely be spending more time outdoors now that the warmer weather is here, it's important you remember to hydrate your body inside and out. Here are a few tips that will help you moisturize your skin and keep your body properly hydrated.

1. Chlorine in swimming pools can dry out your skin — but so can ocean water. The salt causes your body to release water by a process scientists call *osmosis*. That's why it's important to moisturize your skin after you've been for a swim: It just wants its water back.

2. When choosing a moisturizer, try to select one that contains SPF. This will give you the added protection of blocking UV rays. Read the label carefully — many but not all moisturizers come with an SPF of 15 or 18 now.

3. If spending time in the sun makes you thirsty, reach for a cool beverage.

Of course you don't want to load up on sugars, so one trick is to dilute juices and nectars when you serve them. Fill your glass halfway with juice/nectar, then add cool water and ice until the glass is full. You'll get the healthy vitamins and great, sunny taste of fruit without consuming too much fruit sugar, or fructose.

4. You can even EAT your water.

Fruits like watermelon are made up of about ninety percent water, so when you consume them, you're actually hydrating your body naturally — and deliciously.

Our bodies run on water. Keep them happy with lots of liquid this and every summer.

NEW Lifestyle Management Programs

The Center for Well Being at Atlantic Health System is now proudly offering two new programs (**TRIM & FIT** and **MBSR**) at Chilton Medical Center aimed at helping you bring mind and body together peacefully. They center on weight loss and stress management, and are designed to bring you the tools to succeed.

We know it's not easy to lose weight and then maintain your weight loss, so we have created a comprehensive weight management solution that will get you on track and help you stay there. Atlantic Health System's innovative **TRIM & FIT** weight-loss program will educate you on topics like healthy nutrition, portion control and implementing a workout schedule that works with your current job and family needs. The program is ideal for people who have type 2 diabetes, heart disease, obesity and other conditions.

And because stress and overeating go together, we also bring you **MBSR**, or **Mindfulness-Based Stress Reduction**, a nine-week course that helps you win the victory of mind over matter. The class actually uses stress consciousness as a means of combating stress, and is recommended for people who experience anxiety, chronic pain and high blood pressure. It even features a rejuvenating Saturday retreat.

For more information about either program, contact the Center for Well Being at 973-971-6301 or visit atlantichealth.org/centerforwellbeing.

NEED IMAGING OR LAB WORK? COME TO CHILTON.

From sports injuries in kids to regular blood tests for adults, Chilton Ambulatory Care Center at Hewitt Plaza, Hewitt, N.J., is your one-stop spot for routine care, tests and other outpatient, or ambulatory, services. In fact, this spring, the center added a variety of imaging services like x-rays, ultrasound, bone density and mammography to its suite of services.

"Before we began offering these services in Hewitt, many people had to travel quite a distance just to get blood drawn or have an imaging test," says Thomas Scott, director of operations for Chilton Medical Center. "Now, if your doctor says you need an x-ray for a possible broken bone, for example, you can come here. That can save you an unnecessary trip to the emergency room and put you on the road to specialty care, if need be. Plus, your test results will be available electronically [by computer] for your doctor to view."

Staff here can also draw blood or take other samples, even if they need to be sent to a specialized lab for analysis. "Many tests, like x-rays, do not require appointments, just a signed doctor's order," Scott says. "We're really all about convenience and quality care."

Chilton Ambulatory Care Center
Hewitt Plaza
1900 Union Valley Road
Hewitt, NJ

- Chilton Imaging 973-831-5088
Hours: Monday - Friday: 8:00am to 4:00pm
- Chilton Lab 973-831-5436
Hours: Monday - Friday 7:00am to 3:00pm

Please call for Saturday hours.





Christopher Lobaito, MD, emergency medicine physician, Chilton Medical Center, consults via S.A.M. with Robert Felberg, MD, neurologist and medical director of the Comprehensive Stroke Center for Atlantic Neuroscience Institute at Overlook Medical Center.

LIVING IN THE FUTURE

Chilton Medical Center's New Robot Treats Strokes Remotely

When it comes to a stroke, “time is brain.” That’s because every minute counts when taking actions to reverse the disabling effects of a stroke.

According to the American Heart Association/American Stroke Association, stroke patients should receive a clot-dissolving intravenous treatment called “t-PA” within 60 minutes of arrival at the hospital. This is why a timely diagnosis is crucial.

Chilton Medical Center now uses a robot for diagnosis and treatment of stroke. It is all done remotely via iPad, cellphone or any other computerized device that supports its secure, two-way video program.

The telemedicine robot — popularly known at Chilton as “S.A.M.,” which stands for “Stroke Advanced Management” — allows Chilton’s Emergency Department to provide instantaneous and advanced care for patients exhibiting stroke symptoms.

Emergency Department medical director Arthur Calise, MD, was able to test-drive the robot by navigating it through a simulated lab in Santa Barbara, Calif. He used a computer from about

3,000 miles away at Chilton’s Emergency Department in Pompton Plains, N.J., to control the remote device.

“The imaging and capabilities are incredible,” Dr. Calise says. “The robot allowed me to get right next to the hospital bed, where I was able to zoom in and focus on the patient’s pupils. You can hear everything, even the patient’s breathing. Clearly, we are in the future.”

A member of Atlantic Health System, Chilton has direct access to Atlantic Neuroscience Institute and its four neurologists who specialize in “teleneurology,” the science of remote stroke treatment. According to Chilton’s stroke coordinator, Lynn Squillacote, MSN, RN, the telestroke robot “is highly beneficial for patients because the process also allows for a faster diagnosis and treatment.”

When a stroke patient is first brought into Chilton, his or her “BAT” (Brain Activation Team) is activated, including rapid testing and evaluation by the teleneurologist via S.A.M.

to determine if t-PA should be administered. Then, a teleneurologist is contacted to use S.A.M. for specialized stroke care. Although the robot does not actually administer care, it allows the physician to provide a diagnosis so clinical personnel in the hospital can take the appropriate actions.

Chilton began using S.A.M. in December 2013. Earlier last year, the hospital received the American Heart Association/American Stroke Association’s Get With The Guidelines® Stroke Gold Plus Quality Achievement Award. The award recognized Chilton’s commitment and success in implementing excellent care for stroke patients, according to evidence-based guidelines. Chilton is designated a Primary Stroke Center by the State of New Jersey Department of Health and Senior Services and certified a Primary Stroke Center by The Joint Commission. With S.A.M. on board, there’s no telling what Chilton will achieve next. ▶

For more information on stroke, visit chiltonhealth.org/stroke-care.



Enjoy our *New Vitality* summer listings. I hope they make your summer fresh and exciting!

Joan Beloff, ACC, ALA,
Chief Development Officer

INTEGRATED WELLNESS

ARTHRITIS FOUNDATION AQUATICS PROGRAM (Joint-Friendly)

Exercise without putting excess strain on your joints and muscles. Bring a lock, towel and swim cap to the class.

INSTRUCTOR: Winnie Kelly, Certified Instructor, Arthritis Foundation Aquatic Program

TIME: Noon to 12:45pm

DATE: Thursdays, July 10 to August 28 (no class July 31 and August 7)

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

FEE: \$30 for all six weeks

ARTHRITIS FOUNDATION EXERCISE PROGRAM (Joint-Friendly)

A program that uses gentle activities to help increase joint flexibility, manage pain, maintain range of motion and strengthen muscles.

INSTRUCTOR: Dawn Hanna-Amodio, Certified Arthritis Foundation Exercise Specialist

TIME: 1:30 to 2:30pm

DATE: Mondays, July 14 to September 8 (no class September 1)

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$40 for all eight weeks

HATHA YOGA

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

INSTRUCTOR: Irina Babets, RYT, BEYOGA Studio

TIME: 6:30 to 7:30pm

DATE: Tuesdays, July 15 to September 2

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$64 for all eight weeks



QIGONG

Qigong coordinates the use of mind,

intention, breath, qi and movement. Qigong is an excellent method of stress reduction.

Afternoon Classes:

INSTRUCTOR: Gary McCabe

TIME: 1:30 to 2:30pm

DATE: Tuesdays, July 22 to September 16 (no class September 2)

FEE: \$40 for all eight weeks

Evening Classes:

TIME: 6:00 to 7:00pm

DATE: Thursdays, July 31 to September 18

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$64 for all eight weeks

YOGA — Beginner

Learn a complete range of movements called "asanas" to achieve a stronger, more flexible body. Bring a small blanket and a mat for the floor.

INSTRUCTOR: Maiga Palkaunieks, Certified Yoga Instructor

TIME: 11:30am to 12:30pm

DATE: Tuesdays, July 22 to September 16

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$45 for all nine weeks

YOGA — Intermediate

Explore new poses and hold them for longer periods of time. Bring three yoga blankets and a mat. *Note: Participants must complete at least two beginner sessions prior to moving into the intermediate class.*

INSTRUCTOR: Maiga Palkaunieks, Certified Yoga Instructor

TIME: 10:00 to 11:00am

DATE: Tuesdays, July 22 to September 16

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$45 for all nine weeks



EXERCISE



ADULT HULA HOOP CLASS

Beginners through intermediate Hula Hoopers can take part in this fun, low-impact dance class involving balance, cardio and core sculpting. The instructor will provide the Hula Hoops.

INSTRUCTOR: Debbie LaFiura, Licensed BodyHoops Instructor

TIME: 6:30 to 7:15pm

DATE: Mondays, July 14 to September 8 (no class September 1)

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

FEE: \$64 for all eight weeks

AQUACISE, LEVEL 1 (Joint-Friendly)

This class will benefit cardiovascular fitness, muscular strength, endurance and flexibility. Instructor teaches the classes in chest-deep water. Bring a lock, towel and swim cap to the class.

INSTRUCTOR: Dawn Hanna-Amodio, Certified Water Fitness Trainer/

Aquatic Program Instructor by the American Red Cross and Arthritis Foundation

TIME: Noon to 12:45pm

DATE: Mondays, July 14 to September 8 (no class September 1), *AND/OR* Wednesdays, July 16 to September 10 (no class September 3)

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

FEE: \$40 for each eight-week session

AQUACISE, LEVEL 2 (Joint-Friendly)

Level 2 class will focus on stretching, cardiovascular conditioning and fun-paced water exercises. Bring a lock, towel and swim cap to the class.

INSTRUCTOR: Dawn Hanna-Amodio, Certified Water Fitness Trainer/ Aquatic Program Instructor by the American Red Cross and Arthritis Foundation

TIME: 1:00 to 1:45pm

DATE: Wednesdays, July 16 to

September 10 (no class September 3)

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

FEE: \$40 for all eight weeks

BETTER BONES — Intermediate

Class is designed for those individuals who have already completed at least two sessions of Muscles in Motion. Bring 1-, 2- or 3-pound handheld weights to the first class.

INSTRUCTOR: Edie Manzo-Calvitti, Certified Fitness Instructor by the American Council on Exercise

TIME: 10:15 to 11:15am

DATE: Tuesdays, July 15 to September 2, *AND/OR* Thursdays, July 17 to September 4

PLACE: Wayne Presbyterian Church, 1200 Alps Road, Wayne

FEE: \$48 for each eight-week session

CORE DYNAMIX

Mix of core training methods. Format includes cardio, balance, standing work (barre) and mat floor exercises. Bring one pair of light weights (2-3 pounds) and a mat.

INSTRUCTOR: Denise Swan, Certified Instructor in the Pilates Method

TIME: 5:30 to 6:15pm

DATE: Tuesdays, August 5 to September 23

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$40 for all eight weeks

MUSCLES IN MOTION — 2 Locations

Use your muscles to increase your core strength and overall muscle tone while improving your balance. Bring a mat and handheld weights. Resistance equipment provided.

INSTRUCTOR: Mary Ann Taragano, Certified Fitness Instructor by the

Aerobic Fitness Association of America

TIME: 4:30 to 5:30pm

DATE: Mondays, July 28 to September 29
(no class August 11 and September 1)

PLACE: Chilton Medical Center,
Collins Pavilion

FEE: \$40 for all eight weeks

AND/OR

INSTRUCTOR: Edie Manzo-Calvitti,
Certified Fitness Instructor by the
American Council on Exercise

TIME: 11:30am to 12:30pm

DATE: Thursdays, July 17 to September 4

PLACE: Wayne Presbyterian Church,
1200 Alps Road, Wayne

FEE: \$48 for all eight weeks

THE POWER HOUR

Class focuses on promoting muscular endurance, balance and strengthening bones. Instructor always emphasizes safety and proper form. Bring a light set of handheld weights and a mat.

INSTRUCTOR: Mary Ann Taragano,
Certified Fitness Instructor by
the Aerobic Fitness Association
of America

TIME: 6:00 to 7:00pm

DATE: Wednesdays, July 30 to October 1
(no class August 13 and September 24)

PLACE: Chilton Medical Center,
Collins Pavilion

FEE: \$64 for all eight weeks



MALL WALKER PROGRAM — FREE

Participants may walk from:

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

PLACE: Willowbrook Mall, Wayne

Program is co-sponsored by Willowbrook Mall, Wayne Alliance for the Prevention of Substance Abuse, Chilton Cardiac Rehabilitation and CareOne at Wayne Nursing, Sub-Acute Rehabilitation and Assisted Living. To obtain registration information for this program, call 973-831-5367.



ZUMBA® GOLD

Zumba Gold is an innovative and fun cardiovascular dance program. Zumba Gold strives to improve balance, strength and flexibility.

INSTRUCTOR: Mindy Gansley, Certified Zumba Gold Instructor

TIME: 1:00 to 1:45pm

DATE: Mondays, July 7 to September 8
(no class August 11 and September 1)

AND/OR
TIME: 10:00 to 10:45am

DATE: Fridays, July 11 to September 5
(no class August 15)

PLACE: Wayne Presbyterian Church,

1200 Alps Road, Wayne

FEE: \$48 for each eight-week session

ZUMBA GOLD AT CHILTON

Participants need slip-on bands or shoe sliders to pivot on carpeted floors.

INSTRUCTOR: Mindy Gansley, Certified Zumba Gold Instructor

TIME: 1:00 to 1:45pm

DATE: Thursdays, July 10 to September 4
(no class August 14)

PLACE: Chilton Medical Center,
Collins Pavilion

FEE: \$40 for all eight weeks

Healthy Communities

In partnership with Chilton Medical Center, your local health department may provide the following health screenings: Male Cancer, Female Cancer, Peripheral Vascular Disease, Osteoporosis and Stroke Prevention. Chilton designs educational programs to encourage preventive care, foster participation in health care initiatives

and promote greater awareness of community health care issues. Please note, topics vary by town, so please call your local health department.

For more information about upcoming health-related 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

HEALTH EDUCATION — *FREE*



ALL ABOUT ASTHMA

Asthma is a serious, chronic lung disease. Learn the symptoms, triggers, diagnosis, prognosis and latest treatment available. A light breakfast will be provided by Llanfair House Nursing and Rehabilitation Center.

PRESENTER: Lee Berman, MD

TIME: 10:00am

DATE: Thursday, July 17

PLACE: Chilton Medical Center, Collins Pavilion

KEEPING OLDER ADULTS ON THEIR FEET

Learn basic preventive steps to help protect and improve the health of your feet. A light breakfast will be provided by Qualicare Home Care.

PRESENTER: Chad W. Rappaport, DPM, FACFAS

TIME: 10:00am

DATE: Friday, August 22

PLACE: Chilton Medical Center, Collins Pavilion

UNDERSTANDING SEASONAL ALLERGIES

Learn more about seasonal allergies and what you can do to get back in control.

PRESENTER: Ruth Gold, MD

TIME: 7:00pm

DATE: Tuesday, July 8

PLACE: Chilton Medical Center, Collins Pavilion

Life Enrichment

DECADE SERIES:

The 1930s

Learn about the people and events that made the 1930s such a fascinating time in history.

PRESENTER: James Gardner, Time Machine Talks, LLC

TIME: 10:00am

DATE: Friday, August 8

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$5



Parenting Basics

Events take place at multiple locations. Call 973-831-5475 for information.

NEW MOMS GROUP

10:30am to Noon,
Fridays, July 11 and 25, August 8
and 29, September 12 and 26

RELATING TO MOTHERHOOD

5:00 to 6:30pm, Tuesdays,
July 8 and 29, August 12 and 26,
September 9 and 30

Self-Help Groups

DIABETES SELF-MANAGEMENT EDUCATION PROGRAM

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

PULMONARY REHABILITATION PROGRAM

This nine-week program is for people with various lung conditions. For information, call 973-831-5070.

Free Screenings

SLEEP HEALTH

The Sleep Health Institute at Chilton Medical Center offers free sleep health screenings. For information or to schedule a screening, call 973-831-5351.

SUPPORT GROUPS

ALZHEIMER'S DISEASE CAREGIVERS SUPPORT GROUP

TIME: 7:00 to 8:30pm
DATE: Second Wednesday of each month from September through June
PLACE: Chilton Health Network, 242 West Parkway, Pompton Plains
For information, call 973-831-5367.

ARTHRITIS SUPPORT GROUP

TIME: 10:30 to 11:30am
DATE: Fourth Tuesday of the month
PLACE: CareOne at Wayne, 493 Black Oak Ridge Road, Wayne
For information, call 973-831-5367.

BEREAVEMENT SUPPORT GROUP

TIME: 1:00 to 2:30pm
DATE: Fourth Tuesday of the month
PLACE: Chilton Health Network, 242 West Parkway, Pompton Plains
For information, call 973-831-5367.

DIABETES EDUCATION AND SUPPORT GROUP

TIME/DATE: 10:00 to 11:00am the first Thursday of the month and 7:00 to 8:30pm the third Wednesday of the month

PLACE: Chilton Health Network, 242 West Parkway, Pompton Plains
For information, call 973-831-5229.

FAMILY ALZHEIMER'S/DEMENTIA CAREGIVER WORKSHOPS

PRESENTER: Andrea Sussman, MSW, Executive Director of Home Instead Senior Care
For information, call 973-970-9250.

UNITED OSTOMATES OF NORTH JERSEY

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

WELL SPOUSE SUPPORT GROUP

For a spouse caring for a chronically ill or disabled loved one.
TIME: 1:30 to 3:00pm
DATE/PLACE: Second Monday of the month at Chilton Medical Center, Collins Pavilion
For information, call 973-831-5311/5306.



LEARNING @ YOUR LEISURE

View recorded webinars right on your computer from the comfort of your home or office 24/7. Topics include breast health, options for seniors (Stages of Senior Care), how siblings can split the care of their aging parent (The 50/50 Rule), Internet safety, cyberbullying and more. To view the webinars, please visit our website at chiltonneighbors.org.

'WOMEN TO WOMEN'

For women who are living with cancer.
TIME: 1:00 to 2:30pm
DATE: First, third and fifth Tuesdays
PLACE: Chilton Health Network, 242 West Parkway, Pompton Plains
For information, call 973-831-5311/5306.

Annual Women's Event



LIVE EVERY MOMENT, LAUGH EVERY DAY

We all need a lot more laughter in our lives, so join us for a fun-filled evening as humorist Diana Jordan entertains us with her life stories and experiences. Enjoy a full-course dinner and a glass of wine (cash bar is available for additional wine and mixed drinks). Spend time shopping at our boutique tables for your holiday gifts and enjoy a night out for yourself.



PRESENTER: Diana Jordan, Humorist, dianajordan.com
TIME: 5:30pm
DATE: Thursday, October 23
PLACE: Preakness Hills Country Club, 1050 Ratzer Road, Wayne
FEE: \$46 per person
Register early, as seating is limited. See form, page 11.

NUTRITION

WISE AND HEALTHY HOLISTIC TUNEUP

Be a wise woman ... learn some important steps to help support your body and age gracefully.

PRESENTER: Dani Segal, PhD,
Holistic Nutrition

TIME: 7:00pm

DATE: Monday, August 18

PLACE: Chilton Medical Center,
Collins Pavilion

FEE: \$5

LIGHTEN UP FOR SUMMER

Prepare lighter versions of your favorite dishes and incorporate local and in-season produce into your own recipes. This "taste and learn" includes food demonstrations and recipes.

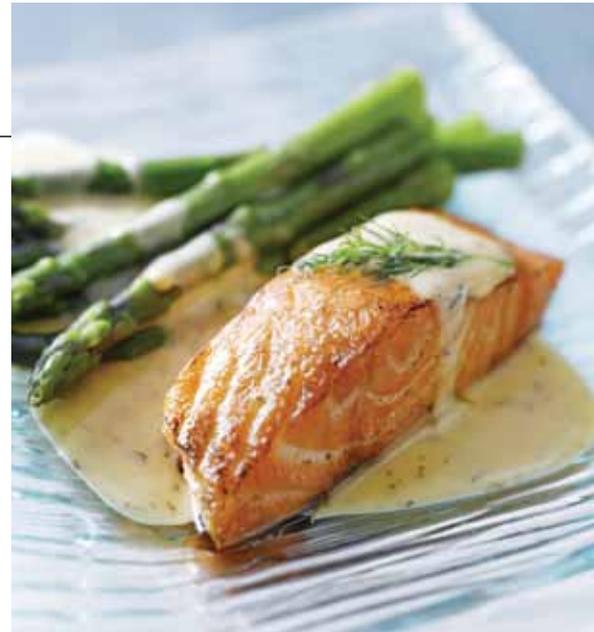
PRESENTER: Allison Smith, MPH, RD,
ShopRite of Lincoln Park

TIME: 1:00pm

DATE: Wednesday, July 16

PLACE: Chilton Medical Center,
Collins Pavilion

FEE: \$5



IT'S ALL ABOUT ME

Balancing many of life's activities can be fulfilling, but it's time to take a moment to exhale, relax and nourish yourself. Join us for an afternoon of wellness. The day will feature a full-course lunch, healthy cooking demonstration and stress-reducing workshops.

TIME: Noon to 4:00pm

DATE: Wednesday, July 23

PLACE: Preakness Hills Country Club, 1050 Ratzer Road, Wayne

FEE: \$35 (lunch and activities included)

Save the Date

Chilton Medical Center Foundation Special Event

Annual Chilton Gala at
The Grove in Cedar Grove,
Saturday, December 6, 2014



Call 973-831-5165 or visit
atlantichhealth.org/chilton for
additional information.

NEW VITALITY



**Chilton
Medical Center**
ATLANTIC HEALTH SYSTEM

Name(s)

Address

City

State

ZIP

Daytime Phone

Cellphone

Email Address

Total Enclosed \$

Make check payable to **Atlantic Health System** and mail to:

**NEW VITALITY
Chilton Medical Center
97 West Parkway
Pompton Plains, NJ 07444**

For information about any of these classes, please call 973-831-5367. Confirmations will not be sent — please mark your calendar accordingly.

RELEASE OF RESPONSIBILITY FOR PARTICIPATION IN CHILTON MEDICAL CENTER'S EXERCISE PROGRAMS

I, _____, hereby consent to become a participant in the New Vitality course offered by Chilton Medical Center. I understand that this program is centered on exercise and health.

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

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

Please return entire page.

Please refer to calendar for class dates, times and locations, and make sure to complete both sides of this registration form.

Check box for class(es) desired and remember to make check payable to ATLANTIC HEALTH SYSTEM.

ADULT HULA HOOP CLASS
FEE: \$64

AQUACISE, LEVEL 1
 Mondays
AND/OR Wednesdays
FEE: \$40 per session

AQUACISE, LEVEL 2
FEE: \$40

ARTHRITIS FOUNDATION AQUATICS PROGRAM
FEE: \$30

ARTHRITIS FOUNDATION EXERCISE PROGRAM
FEE: \$40

BETTER BONES — Intermediate
 Tuesdays
AND/OR Thursdays
FEE: \$48 per session

CORE DYNAMIX
FEE: \$40

HATHA YOGA
FEE: \$64

MUSCLES IN MOTION (Chilton)
FEE: \$40

MUSCLES IN MOTION (Wayne)
FEE: \$48

THE POWER HOUR
FEE: \$64

QIGONG — Afternoon
FEE: \$40

QIGONG — Evening
FEE: \$64

YOGA — Beginner
FEE: \$45

YOGA — Intermediate
FEE: \$45

ZUMBA® GOLD (Wayne)
 Mondays AND/OR
 Fridays
FEE: \$48 per session

ZUMBA® GOLD (Chilton)
FEE: \$40

ALL ABOUT ASTHMA
FREE

DECADE SERIES: THE 1930S
FEE: \$5

IT'S ALL ABOUT ME
FEE: \$35

KEEPING OLDER ADULTS ON THEIR FEET
FREE

LIGHTEN UP FOR SUMMER
FEE: \$5

LIVE EVERY MOMENT, LAUGH EVERY DAY
FEE: \$46

UNDERSTANDING SEASONAL ALLERGIES
FREE

WISE AND HEALTHY HOLISTIC TUNEUP
FEE: \$5

TO REGISTER FOR ALL CLASSES:

1. Tear out and complete this registration (both sides).
2. Mail the completed form along with your check to:
**NEW VITALITY
Chilton Medical Center
97 West Parkway
Pompton Plains, NJ 07444**
Make your check payable to Atlantic Health System. (NOTE: You will not receive a confirmation notice — please 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 also call 973-831-5367 or register online at chiltonhealth.org/calendar.
4. If a class is full when we receive

your check, you will be issued a refund, placed on a waiting list and notified if an opening occurs. Refunds cannot be made once a class has begun.

5. \$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.

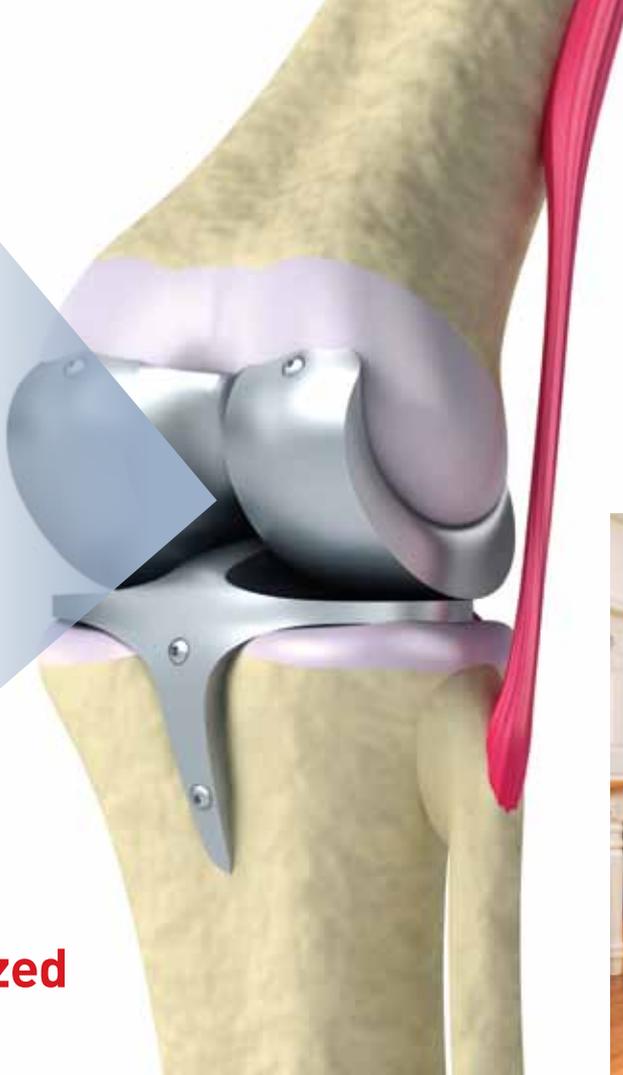
CLASS LOCATIONS:

- CHILTON MEDICAL CENTER/ COLLINS PAVILION, 97 West Parkway, Pompton Plains
Classes and programs are held on the second floor of the Collins Pavilion, which is located adjacent to the hospital.

- CHILTON HEALTH NETWORK, 242 West Parkway, Pompton Plains (approximately two miles from the hospital campus)
- NEW YORK SPORTS CLUB, 1481 Route 23 South, Butler
- WAYNE PRESBYTERIAN CHURCH, 1200 Alps Road, Wayne

For directions to any of these locations, call 973-831-5367. Please note other class locations listed separately in this newsletter.

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.



Phyllis Teats

A Perfect Fit

Chilton Pioneers Customized Knee Replacement

At 73 years young, Phyllis Teats is a grandma on the go. In fact, there's not much that keeps this Franklin Lakes resident on the sidelines. Not even two bad knees. Despite the crippling pain of severe arthritis, Phyllis hobbled to activities with ice packs, creams, wraps and every other possible remedy — but this was not the solution. That's when she considered a customized knee replacement.

"My arthritis was so bad that my bones were rubbing together and I was in constant pain," explains Phyllis. "I was walking like a soldier because it hurt to bend my knees. I could barely stand during the day or sleep at night, and began to fear that my legs would give out."

Phyllis tried a multitude of treatments, including steroids, lubricating injections and physical therapy. All helped, but none provided lasting relief. "I knew that I couldn't put a Band-Aid on this anymore," she says. "Something had to be done."

Last May, Phyllis consulted with board-certified orthopedic surgeon Robert A. Kayal,

MD, FAAOS, who recommended customized knee replacement, an innovative technique he recently brought to Chilton Medical Center.

Chilton's Total Joint Center is actually among the first medical facilities worldwide to introduce this groundbreaking approach to knee surgery. Unlike traditional procedures, customized knee replacement utilizes MRI imaging and specialized computer software to generate a three-dimensional (3-D) model of the patient's joint, allowing more precise planning and sizing so the surgeon can design a new knee tailored to the patient's anatomy and lifestyle. The result is a perfect fit.

"Just as no two personalities are alike, knee joints are unique to each individual," adds Dr. Kayal. "With this revolutionary technique, Phyllis received two new and improved joints made especially for her."

With customized knee replacement, patients spend less time in the operating room, lowering their risk of complications and reducing postsurgical pain. This approach also requires less cutting, which minimizes trauma to the

knee, preserves healthy bone and leads to a faster recovery time.

With these benefits in mind, Phyllis elected to have two customized knee replacements at Chilton's Total Joint Center — and both procedures were highly successful. With ongoing physical therapy, Phyllis can once again bend her knees without pain and is noticing greater balance, stability and motion.

"Dr. Kayal told me this would be a good year, and he was right," asserts Phyllis. "I'm happy to have the two surgeries behind me and to continue on my road to recovery. I'm improving every day, and my life is even better than it was before." ▶

To learn more about customized knee replacement at Chilton's Total Joint Center, visit the hospital's website at atlanticealth.org/chilton. Or call 1-800-247-9580 for a referral to a skilled Chilton physician.

the whys



& hows of eating local

“Eating local” is a national trend that has shoppers looking for fruits, vegetables and other foods grown or made nearby. If you’re not part of this movement yet, summer is a great time to start.

“Among the many advantages of eating local — besides supporting neighborhood growers — are surprising health benefits,” says Mary Finckenor, registered dietitian for Morristown Medical Center. The foods harvested from area farms and home gardens change with the season, which offers variety. And these smaller farms can produce a greater number of different items than larger industrial farms. “More variety gives you and your family a wider range of vitamins, minerals and phytonutrients, or healthy chemicals that occur naturally in plants,” she explains.

“Plus, a fresh Jersey berry or tomato just tastes better!” she says.

THE BENEFITS OF CHOOSING LOCAL PRODUCE

With the variety of fresh fruits and veggies now ripening in our region, it’s easy to enjoy the health benefits of eating local:

Freshness Foods grown locally are usually as fresh as they get — often picked just down the street a day or less before you buy them, versus being loaded on a transport truck for days or flown in from another country.

Ripeness Because local foods have only a quick trip from farm to home, you can choose foods that are ripe and ready to eat. “You can buy a peach any time of year and wait for it to ripen at home,” Finckenor says. “But that fruit can’t compare to biting into a juicy, fresh peach or other produce that ripened on the plant and was then harvested at the peak of the season.”

Variety Out of hundreds of varieties of tomatoes or apples, for example, large industrial farms choose to grow just a few — based on non-nutritional factors, like how well they travel. So if you limit your grocery shopping only to national producers, you might be missing out on a variety of nutrients that local produce offers.

Taste Taste might not be a health benefit by itself, but it can certainly affect how many fruits and vegetables you and your family eat. Enjoy the better taste of fresh, ripe foods and the treat of discovering new varieties you can get only at certain times of the year.

Making New Favorites By looking for locally grown foods, you’re bound to stumble upon something new and different. “Ask the grocer or farmer how to prepare new fruits or vegetables, and how to know if they’re ripe,” Finckenor says. “I’ve found they’re always ready with a recipe.” ▶

Finckenor shares a colorful summer recipe for her Summer Peach and Tomato Salad using local ingredients on the right.

SUMMER PEACH AND TOMATO SALAD

Ingredients

- ¼ cup sliced red onion
- ½ pound ripe peaches, pitted and cut into wedges
- ½ pound tomatoes — any type, cut into bite-sized pieces
- 1 tablespoon apple cider or balsamic vinegar
- 1 teaspoon olive oil
- 1 teaspoon honey
- ⅛ teaspoon salt
- ⅛ teaspoon freshly ground black pepper
- ¼ cup (1 ounce) crumbled feta or goat cheese
- 2 tablespoons chopped basil
- ¼ cup toasted chopped pecans (optional)

Preparation

1. Combine first 3 ingredients in a large bowl.
2. Combine vinegar, olive oil, honey, salt and pepper in a small bowl, stirring with a whisk. Drizzle vinegar mixture over peach mixture; toss well to coat. Sprinkle with cheese and basil.

Serves 4

Nutritional information per serving (not including pecans):
Calories: 75; Fat: 3.5 g; Saturated Fat: 1.3 g;
Protein: 2.1 g; Carbohydrate: 9.9 g; Fiber:
1.7 g; Cholesterol: 6 mg; Sodium: 156 mg

FRESH PICKED AT KINGS

This summer, Kings Food Markets offers shoppers a new definition for freshness through its 24-Hour Just Picked Promise. The Just Picked Promise is Kings’ commitment to make locally grown, farm-fresh produce available to customers within 24 hours of being hand-picked — giving shoppers the benefits of a local farm stand with the convenience of their neighborhood food market.

“To get the taste, crisp and nutrition that only comes from genuine freshness, all shoppers have to do is look for the 24-Hour Just Picked seal at Kings,” says Paul Kneeland, vice president of Produce, Meat, Seafood and Floral for Kings Food Markets.

For more information, visit kingsfoodmarkets.com/farm-fresh.



FRESH PRODUCTS TO LOOK FOR IN JUNE/JULY:

- BLUEBERRIES
- CUCUMBERS
- KALE
- BASIL

Atlantic Health System

475 South St.
Morristown, NJ
07960-6459

NON-PROFIT
US POSTAGE
PAID
PERMIT 148
SARATOGA
NY 12866

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



Atlantic Health System **Main Locations**

- 1 Morristown Medical Center**
(includes Carol G. Simon Cancer Center and Gagnon Cardiovascular Institute)
100 Madison Ave., Morristown, NJ 07960

- 2 435 South St.**
(includes clinical practices for Center for Advanced Medicine, Department of Family Medicine, Department of Internal Medicine, Department of Surgery, Diabetes Center, Madison Pediatrics, Maternal-Fetal Medicine, Metabolic Medicine, and OB and URO/GYN)
435 South St., Morristown, NJ 07960

- 3 Atlantic Sports Health**
111 Madison Ave., Morristown, NJ 07960

- 4 Atlantic Rehabilitation**
95 Mount Kemble Ave., Morristown, NJ 07960

- 5 Goryeb Children's Hospital**
100 Madison Ave., Morristown, NJ 07960

- 6 Overlook Medical Center**
(includes Atlantic Neuroscience Institute, Carol G. Simon Cancer Center and Goryeb Children's Center)
99 Beauvoir Ave., Summit, NJ 07901

- 7 Overlook, Union Campus**
(includes Emergency Services, Overlook Imaging and Outpatient Laboratory Services)
1000 Galloping Hill Road, Union, NJ 07083

- 8 Overlook Downtown**
(includes Center for Well Being — Atlantic Integrative Medicine and Overlook Medical Center Community Health)
357 Springfield Ave., Summit, NJ 07901

- 9 Newton Medical Center**
175 High St., Newton, NJ 07860

- 10 Vernon Health & Wellness/Urgent Care**
123 Route 94, Vernon, NJ 07462

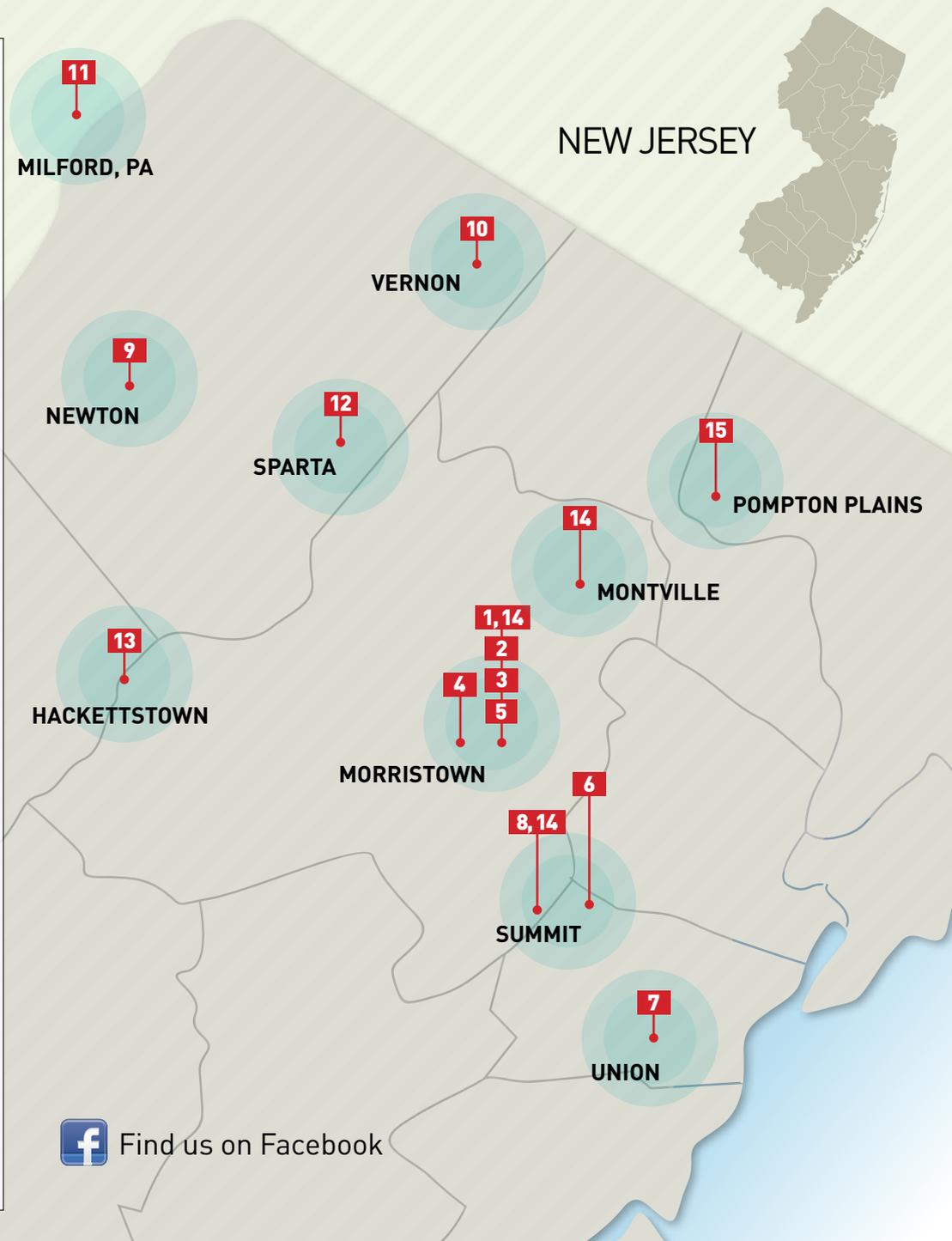
- 11 Milford Health & Wellness/Urgent Care**
111 E. Catharine St., Milford, PA 18337

- 12 Sparta Health & Wellness**
89 Sparta Ave., Sparta, NJ 07871

- 13 Urgent Care at Hackettstown**
57 Route 46, Suite 100, Hackettstown, NJ 07840

- 14 Center for Well Being**
100 Madison Ave., Morristown, NJ 07960
357 Springfield Ave., Summit, NJ 07901
137 Main Road, Montville, NJ 07045

- 15 Chilton Medical Center**
97 W. Parkway, Pompton Plains, NJ 07444



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