

well aware

SUMMER
2016

Medical Volunteers Offer International Support

REGISTER FOR SUMMER'S
new vitality
COMMUNITY CLASSES

The Art of Healing

Healthy Grilling Made Easy



Chilton
Medical Center
ATLANTIC HEALTH SYSTEM

DEAR FRIENDS,



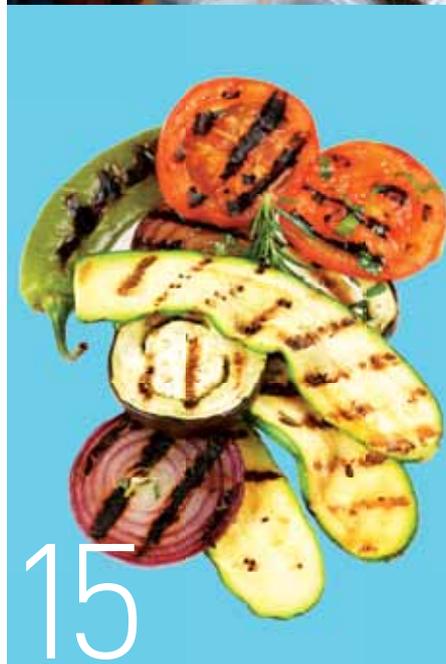
It's been an exciting year so far for Chilton Medical Center and Atlantic Health System. Chilton was recently ranked No. 1 mid-sized hospital in New Jersey by Castle Connolly Medical Ltd., a health care research company. Our Emergency Department has also been ranked among the best in New Jersey for wait times and overall patient satisfaction, according to 2015 Press Ganey patient feedback surveys. And we have been recognized with an American Heart Association/American Stroke Association Stroke Quality Achievement Award, which means we ensure that stroke patients receive the most advanced care. All of these accolades reflect the relentless efforts of our physicians and staff to provide the highest quality care and exceptional experience to our patients.

As summer approaches and the days are longer, I hope that you will take some time to relax with family and friends. It is also a great time to be active and commit to a healthy lifestyle by joining one of our New Vitality programs. Please take a look at the schedule. I hope you will join us.

My wishes for an enjoyable and safe summer,

Stephanie Bloom Schwartz
President, Chilton Medical Center

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



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@AtlanticHealth

Morristown Medical Center
Overlook Medical Center
Newton Medical Center
Chilton Medical Center
Hackettstown Medical Center
Goryeb Children's Hospital
Atlantic Rehabilitation



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



AN OFFICIAL HEALTH PROVIDER OF THE NEW JERSEY DEVILS



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Chilton Medical Center Raises Bar for Patient Care

Chilton Medical Center has once again been recognized for its dedication to quality care. Recently, the hospital received the following recognitions:

- Chilton Medical Center was ranked by physicians as the top mid-sized hospital in the state among hospitals with 350 beds or fewer by Castle Connolly Medical Ltd., one of the nation's most respected health care research and information companies.
- Chilton's Emergency Department performs better than 99 percent of hospitals in New Jersey for overall patient satisfaction and wait times, according to 2015 Press Ganey patient feedback surveys.
- Chilton Medical Center earned the American Heart Association/American Stroke Association's Get With The Guidelines® – Stroke Gold Plus Quality Achievement Award with Target: StrokeSM Honor Roll Elite. The award recognizes the hospital's success in ensuring that stroke patients receive the most advanced evidence-based care with the goals of speeding recovery and preventing stroke-related death and disability.



CHILTON'S CANCER CENTER WELCOMES RENOWNED PHYSICIANS

Chilton's Cancer Center has added internationally recognized radiation oncologists to its highly skilled medical team. James R. Wong, MD; Mona Karim, MD; Yana Pavel Goldberg, MD; and Todd Carpenter, MD, are trained in all subspecialties related to cancer and are leaders in their field. In fact, Dr. Wong is acclaimed for developing image-guided radiation therapy (IGRT): one of the most significant breakthroughs for precisely targeting and treating tumors.

HACKETTSTOWN REGIONAL MEDICAL CENTER JOINS ATLANTIC HEALTH SYSTEM

In April, Hackettstown Regional Medical Center officially became part of Atlantic Health System, completing the 111-bed acute care hospital's transfer of ownership from Adventist HealthCare. As a result of this acquisition, the hospital's name changed to Hackettstown Medical Center, in line with other Atlantic Health System facilities.

"It is with great honor that we welcome Hackettstown Medical Center into our organization," says Brian Gagnolati, president and CEO, Atlantic Health System. "This collaboration strengthens our ability to deliver a Trusted Network of Caring™, providing the full breadth of our services to promote the health and well-being of Hackettstown and its surrounding communities."

Recognizing the demands of a changing health care landscape across the nation, leadership at Adventist HealthCare sought to position the hospital to succeed in an environment of health care reform. This called for affiliating with a health system in its own region with a strong New Jersey presence and an expanded regional network of services, physicians and other care providers – and that system was Atlantic Health System.

"In Atlantic Health System, we have found a local organization that shares many of the values we hold important," says Jason Coe, president, Hackettstown Medical Center. "Becoming part of Atlantic Health System's Trusted Network of Caring ensures that Hackettstown Medical Center will continue to be an intrinsic provider of health care for patients in this region."

Visit atlantichealth.org/hackettstown for more information.



Global Medicine: Medical Volunteers Provide Services to Impoverished Nations

Dr. Kaye examining patients in Honduras.

Susan Kaye, MD, chair of the Department of Family Medicine for Overlook Medical Center, has volunteered her time to deliver medical services in Honduras with the NGO Shoulder to Shoulder Inc. for over a decade. For her, one particular incident during her experience really stood out: a young man she heard was living in a cage. “The story sounded horrific and when we got there, it was,” says Dr. Kaye. “The young man, probably 22 years old, was living in a cage the family had built from logs that were in their backyard near a pigsty and other outdoor animals.”

Dr. Kaye says she and the medical team learned that he had an acute psychiatric event during his experiences as a member of the Honduran army and was displaying symptoms of psychosis. As a result of his odd behavior, the community where he lived felt threatened; the cage was the family’s way of protecting him from harm. Doctors administered antipsychotic medication to the man, and within six months he was integrated back into the community.

MAKING A DIFFERENCE

In addition to serving as a global health volunteer herself, Dr. Kaye oversees the Benjamin H. Josephson, MD Fund, established at Overlook Medical Center, part of Atlantic Health System, to continue the humanitarian work of pediatrician Dr. Benjamin Josephson. The fund, created in 1998, has distributed over \$800,000 in support of more than 100 medical professionals from across the system who have donated their time and medical expertise to impoverished nations.

Dr. Rolando Rolandelli, chair of the Department of Surgery at Morristown Medical Center, has also participated in trips to perform surgery in

underserved countries. Although they were rewarding and successful, he felt there was something missing – providing continuity of care and teaching to accomplish the goals they set. Drs. Rolandelli, McLean and Diehl, all surgeons at Morristown Medical Center, formed Unidad Hospitalaria Movil Latino America (UHMLA) and established partnerships with other organizations to keep them linked with communities of patients and their health care workers. The relationships allowed them to reach patients in remote areas with medical problems that made their lives miserable but were reversible with surgery. Two trips later, to Guatemala and Honduras, they so far have helped over 100 people. And in less than one year, they received contributions from over 140 individuals, 10 local businesses, three professional organizations and the Benjamin Josephson foundation.

The Josephson fund is but one initiative providing global health support, and Dr. Kaye is hoping to bring more Atlantic Health System medical professionals together to collaborate. “You see all kinds of things when you go to communities where there is limited access to health care,” says Dr. Kaye. “Working with these underserved communities, where many live in extreme poverty, is a pretty transformative experience. You learn that improving the health status of communities is not just about delivering health care – it’s about clean water, improved nutrition, access to education and many other social determinants of health. These experiences change the way you see yourself as a professional, and impact the way you care for patients back home.” ▶

Find more information about the Josephson fund at bhjfund.org.

THE ART OF HEALING

Little Falls artist overcomes dangerous infection

Christine Calandra of Little Falls was driving to the shore, last June, when her left leg suddenly locked. Doctors initially suspected sciatica. But Chilton Medical Center's team of specialists uncovered a far more serious condition.

Calandra was evaluated by three physicians in five days, all of whom prescribed medication to reduce the inflammation as well as additional testing. However, Calandra's condition declined steadily over the next few days, prompting an early morning visit to Chilton's Emergency Department.

"We have a few hospitals nearby, but I trusted Chilton," asserted Calandra. "That was where I wanted to be."

Upon arrival, Calandra was examined by hospitalist Ritesh Kumar, MD, who ordered blood work, an MRI and a CT scan. Importantly, he also recruited the expertise of an infectious disease specialist, Richard Krieger, MD, who immediately suspected an infection and recommended a needle biopsy to extract fluid from Calandra's hip. The results revealed a troubling diagnosis: septic arthritis.

According to Dr. Krieger, septic arthritis is a joint infection caused by harmful bacteria that travel through the bloodstream. The bacteria typically migrate from another area of the body and affect one large joint, causing intense pain, inflammation and loss of joint function, accompanied by fever and weakness. In Calandra's case, the condition was linked to a staph infection that settled in her right hip.

Calandra was admitted to Chilton for aggressive treatment. Orthopedic surgeon Gary Drillings, MD, meticulously drained and cleansed the infected hip before six weeks of daily infusion



therapy. Calandra's ordeal included a week in Chilton's inpatient medical/surgical unit, where she recuperated under the skilled, compassionate care of the nurses and staff. Her arduous recovery was facilitated by an additional week of inpatient rehabilitation and outpatient physical therapy.

She has continued to heal through her artwork. "I have the freedom to paint again ... to express myself while inspiring people to see the world a little differently," she says.

This past winter, Calandra presented an exhibit of her magnificent watercolor paintings at Chilton Medical Center. "I was excited to share my work," she adds, "and hoped to give a little something back to the hospital that saved my life." ▶

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, June 30 to August 18

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 is limited to 20 participants.

TIME: 1:30 to 2:15pm

OR

TIME: 2:30 to 3:15pm

DATE: Mondays, July 11 to August 29

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$40 for all eight weeks

HATHA YOGA

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

TIME: 6:30 to 7:30pm

DATE: Tuesdays, July 12 to September 13

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$80 for all 10 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, September 22 to December 15 (no class November 24)

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$60 for all 12 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, September 22 to December 15 (no class November 24)

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$60 for all 12 weeks

USING YOUR MIND-BODY CONNECTION

In this class, you will use the incredible power of your mind-body connection with simple, fun and dynamic methods. Qigong, acupuncture, visualization techniques, creativity, meditation, breathing exercises, posture and innovative mind-body exercises will be explored. Invest in you.

TIME: 9:30 to 10:30am

DATE: Thursdays, July 7 to August 25

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$40 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.

TIME: 11:30am to 12:30pm

DATE: Tuesdays, July 12 to September 20 (no class August 30)

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$50 for all 10 weeks

SATURDAY HATHA YOGA CLASSES FOR CANCER PATIENTS

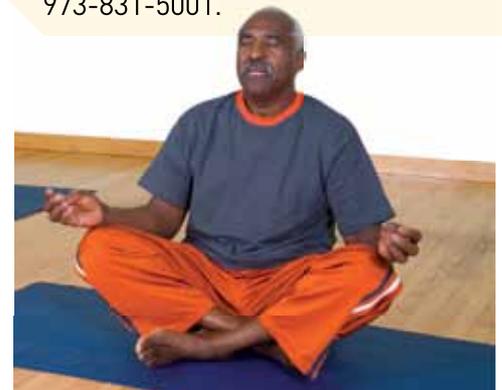
Reduce stress, strengthen your body, boost your immune system and minimize physical discomfort during your cancer treatment. For information, call 973-831-5311.

CANCER SURVIVORSHIP SERIES

Six-week series open to people with ALL types of cancer, who have completed active treatment and currently have no evidence of disease. Exercise, nutrition, emotional health and medical management. For information, call 908-658-5400.

LABYRINTH MEDITATION WALK

The Labyrinth is available to the public for meditation anytime on the first Tuesday of each month from 9:00am to 9:00pm. For information, visit chiltonhealth.org/labyrinth or call Pastoral Care at 973-831-5001.



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, July 12 to September 20 (no class August 30)

PLACE: Chilton Medical Center, Collins Pavilion

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, July 11 to August 29
AND/OR

DATE: Wednesdays, July 13 to August 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, July 13 to August 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, July 5 to September 13 (no class July 12)

AND/OR

DATE: Thursdays, July 7 to September 15 (no class July 14)

PLACE: Wayne Presbyterian Church, 1200 Alps Road, Wayne

FEE: \$60 for each 10-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 6:15pm

DATE: Tuesdays, August 9 to October 18 (no class September 20, October 4 and 11)

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$40 for all eight weeks

DANCING THROUGH THE DECADES

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

TIME: 5:45 to 6:45pm

DATE: Thursdays, July 21 to September 15 (no class July 28, August 25 and September 8)

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$48 for all six 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, August 1 to September 26 (no class August 15, September 5 and 19)

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$30 for all six weeks

AND/OR

TIME: 11:30am to 12:30pm

DATE: Thursdays, July 7 to September 15 (no class July 14)

PLACE: Wayne Presbyterian Church, 1200 Alps Road, Wayne

FEE: \$60 for all 10 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, August 3 to September 28 (no class August 17, September 7 and 21)

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$48 for all six weeks

ZUMBA® GOLD

Improve balance, strength and flexibility.

TIME: 1:00 to 1:45pm

DATE: Mondays, July 18 to September 12 (no class September 5)

AND/OR

TIME: 10:00 to 10:45am

DATE: Wednesdays, July 20 to September 14 (no class September 7)

AND/OR

TIME: 10:00 to 10:45am

DATE: Fridays, July 22 to September 16 (no class September 9)

PLACE: Wayne Presbyterian Church, 1200 Alps Road, Wayne

FEE: \$48 for each eight-week session

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 1:45 pm

DATE: Thursdays, July 21 to September 15 (no class September 8)

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$40 for all eight weeks

ZUMBA® TONING

This class blends body-sculpting techniques and Zumba moves into one calorie-burning, strength training class. We use light weights to enhance rhythm, build strength and tone all the target zones.

TIME: 7:00 to 8:00pm

DATE: Wednesday, July 13 to September 21 (no class July 27)

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.



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

Wayne Township's 38th Annual Health Fair

TIME: 8:30 to 11:00 a.m.
DATE: Saturday, October 8
PLACE: Wayne Valley High School, 551 Valley Road

For more information, call 973-694-1800, ext. 3242, or visit waynetownship.com.



SUPPORT GROUPS

Alzheimer's Disease Caregivers Support Group: 7:00 to 8:30pm the second Wednesday of the month from September to June – First Reformed Church of Pompton Plains, 529 Newark Pompton Turnpike, Pompton Plains. For information, call 973-831-5367.

Arthritis Support Group: 10:30 to 11:30am the fourth Tuesday of the month from March to December – 242 West Parkway, Pompton Plains. For information, call 973-831-5367.

Bereavement Support Group: 1:00 to 2:30pm the fourth Tuesday of the month – 242 West Parkway, Pompton Plains. For information, call 973-831-5367.

Diabetes Education and Support Group: 10:00 to 11:00am the first Thursday of the month and from 7:00 to 8:30pm the third Wednesday of the month – 242 West Parkway, Pompton Plains. For information, call 973-831-5229.

Family Caregiver Workshops: For those caring for a loved one with Alzheimer's and other dementias. Presented by Andrea Sussman, MSW, executive director for 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.

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.



TAKE CARE OF YOUR FEET

Staying on your feet can be difficult if you're experiencing pain and discomfort. Come and learn about common problems adults experience with their feet and how to choose the right footwear.

PRESENTER: Michael Kowalski, DPM

TIME: 7:00pm

DATE: Thursday, July 7

PLACE: Chilton Medical Center, Collins Pavilion

FREE

KEEPING YOUR BALANCE

Learn the importance of balance to your overall health, including the mechanisms of balance, balance disorders, vertigo and general exercises to improve and maintain good balance. A free fall risk assessment will be performed by a physical therapist; limited to the first 25 registrants. Arden Courts will provide a light breakfast.

PRESENTER: Christian Marquez, PT, MSPT, DPT

TIME: 10:00am

DATE: Wednesday, July 20

PLACE: Chilton Medical Center, Collins Pavilion

FREE

GET THE FACTS ABOUT CATARACTS

Cataracts are the most common cause of vision loss in people over age 40. Join us and learn about causes, symptoms, diagnosis and the most current methods of treatment. Atrium Health and Senior Living will provide a light breakfast.

PRESENTER: Eric Shnyder, MD

TIME: 10:00am

DATE: Wednesday, August 17

PLACE: Chilton Medical Center, Collins Pavilion

FREE

UNDERSTANDING CHOLESTEROL

Have you been told your cholesterol levels are not within the desirable range? Join us and learn about your cholesterol levels, how high cholesterol is a risk factor for heart disease, and what may help keep your cholesterol under control.

PRESENTER: Ravi Rathi, MD

TIME: 7:00pm

DATE: Monday, September 19

PLACE: Chilton Medical Center, Collins Pavilion

FREE

MALE CANCER SCREENING

Screening includes blood pressure, PSA blood test, digital rectal prostate exam and health education counseling. Appointments are required. For more information and to make an appointment, call 973-831-5475.

TIME: 5:00 to 7:00pm

DATE: Wednesday, September 21

PLACE: Atlantic Rehabilitation Building, 242 West Parkway, Pompton Plains

FEE: \$28

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 973-831-5000, ext. 5685.

DIABETES SELF-MANAGEMENT EDUCATION PROGRAM

For information or to schedule an appointment, call 973-831-5229.

CHOLESTEROL: THE GOOD, THE BAD AND THE ESSENTIAL

Learn all about cholesterol, its function in the body, what the numbers mean, and the risk factors of high cholesterol in cardiovascular health. Lakeland Health Care Center will provide a healthy breakfast.

PRESENTER: Shipra Shah, MD

TIME: 10:00am

DATE: Friday, September 23

PLACE: Chilton Medical Center, Collins Pavilion

FREE

NUTRITION

BREAKFAST: START YOUR DAY IN A HEALTHY WAY

Are you tired of eating the same things for breakfast? Are you confused by all the options for cereals and oatmeal? Perhaps you're in a hurry in the morning. A healthy breakfast in the morning has many health benefits, which is why many experts consider breakfast such an essential meal. Join us and learn how to create delicious healthy breakfasts to start your day off right. Samples and recipes included.

PRESENTER: Danielle Colombo, RD, ShopRite of Lincoln Park

TIME: 7:00pm

DATE: Thursday, July 14

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$5

SENSATIONAL SUMMER SALADS

Sick of the same old salads? Since salad often becomes the main event during hot summer months, it should be fresh, healthy and interesting. Learn some easy and innovative ways to jazz up ho-hum salads and take them to new heights. Sampling and recipes included.

PRESENTER: Danielle Colombo, RD, ShopRite of Lincoln Park

TIME: 11:00am

DATE: Friday, August 12

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$5

THE ROLE OF NUTRITION IN CANCER PREVENTION

Although much of the research is still inconclusive, there have been many studies proving the connection between nutrition and cancer prevention. Join us and learn what you can do to lower your cancer risk by cleaning up your diet.

PRESENTER: Danielle Colombo, RD, ShopRite of Lincoln Park

TIME: 11:00am

DATE: Wednesday, September 28

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$5

CURB THE CRAVINGS, CURB THE CALORIES

Do you crave sugar? Do you find yourself still eating even though you're not hungry? Do you find yourself feeling hungry at different times throughout the day? You can be in control of your cravings and your eating habits. Let a registered dietitian teach you how to eat more mindfully and make healthier snack choices when you're feeling hungry.

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

TIME: 7:00pm

DATE: Thursday, September 29

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$5



LIFE ENRICHMENT

DO YOU KNOW UNCLE SAM?

Macculloch Hall Historical Museum has the largest collection of original Thomas Nast artwork in the nation. Through this artwork, get to know the origins of our favorite American icon, Uncle Sam. We'll examine and discuss the representation of Uncle Sam on objects from the late 1800s into present day.

PRESENTER: Cynthia Winslow, museum educator for Macculloch Hall Historical Museum

TIME: 11:00am

DATE: Friday, July 8

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: 9:15am to Noon

DATE: Tuesdays, October 11 to November 1

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

FREE



NEW YORK, NEW YORK

MANHATTAN BRIDGES

Manhattan's first bridge opened in 1693. Learn about the 20 bridges that link Manhattan to the boroughs and to New Jersey today, including original photographs and historic images of Manhattan's iconic bridges – past and present – and of the city they helped to shape.

PRESENTER: Kevin Woyce

TIME: 11:00am

DATE: Friday, August 26

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$5

NEW YORK CITY: CAPITAL OF THE WORLD

Every city is unique, but even back in the 1700s George Washington predicted that one day New York would dominate the hemisphere. Through this fascinating lecture, learn why New York City now leads our nation and the world in the fields of commerce, culture, finance, communications and politics.

PRESENTER: Peter

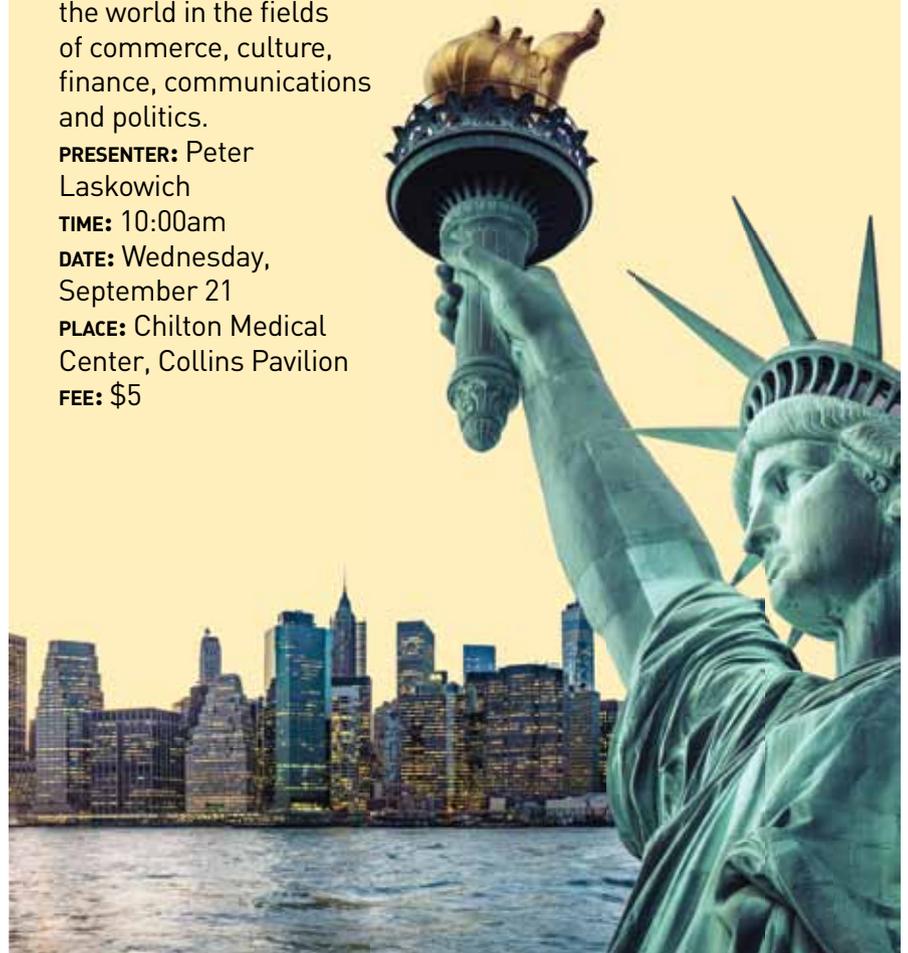
Laskowich

TIME: 10:00am

DATE: Wednesday, September 21

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$5



FOUNDATION EVENT

SAVE THE DATE:

ANNUAL CHILTON FOUNDATION GALA

The annual gala will feature an evening of dining, dancing, silent auction prizes and celebration as we recognize our honorees, Chilton Medical Center's achievements and all of the generous donors and community members who support the hospital throughout the year. 2016 honorees: George Wolfson and Inserra Supermarkets, Inc. For more information, call 973-831-5165 or visit atlanticealth.org/chiltonfoundation.

DATE: Saturday, November 5

PLACE: The Venetian, 546 River Drive, Garfield



SPECIAL EVENT



John Joseph

ANNUAL WOMEN'S EVENT

LIVE, LAUGH, CELEBRATE

We all need a lot more laughter in our lives, so join us for a fun-filled evening as comedian John Joseph entertains us with his hilarious stories and experiences. Enjoy a full-course dinner and a glass of wine. (Cash bar is available.) Spend time shopping at our boutique tables for your holiday gifts and enjoy a night out for yourself.

Register early, as seating is limited.

PRESENTER: John Joseph, comedian

TIME: 5:30pm

DATE: Thursday, October 20

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

FEE: \$53

AUXILIARY EVENTS

TREE OF LIGHTS

Purchase a light to shine in honor or in memory of a special person in your life. Your light will shine throughout the holiday season, and donor and honoree names will be on display in the hospital lobby. The tree lighting ceremony will include music, refreshments and an appearance by Santa. To purchase a light, call the Auxiliary office at 973-831-5345.

TIME: 5:00pm

DATE: Tuesday, December 6

PLACE: Chilton Medical Center

QUEEN'S TEA

The Chilton Medical Center Auxiliary is presenting a "Queens Tea." The menu includes choice of tea, quiche with soup or salad, scones, lemon curd and clotted cream, assorted savories, delectable sweets and a plated dessert. Proceeds from this event will benefit The Breast Center at Chilton Medical Center. There will be two seatings on each date. For reservation information, contact the Auxiliary office at 973-831-5345.

TIME: Noon and 6:00pm

DATE: Thursdays, October 6 and October 13

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

FEE: \$40





**Chilton
Medical Center**
ATLANTIC HEALTH SYSTEM

PREREGISTRATION IS REQUIRED FOR ALL PROGRAMS.
Please return entire page.

TO REGISTER FOR ALL CLASSES:

1. Tear out and complete this registration form. Check box for class(es) desired.
2. Make your check payable to **Atlantic Health System**. Mail the completed form along with your check to:
Chilton Medical Center
97 West Parkway
Pompton Plains, NJ 07444
Attn: New Vitality

*(You will **not** receive a confirmation notice – be sure to mark your calendar accordingly.)*

3. If you are registering for others, please list their addresses and telephone numbers as well. If you are only registering for free classes, please call New Vitality 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 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 canceled class, but reserves the right not to refund the class if we cannot schedule a makeup date.

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 Summer 2016

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

AQUACISE, LEVEL 1

MONDAYS AND/OR

WEDNESDAYS

FEE: \$48 PER SESSION

AQUACISE, LEVEL 2

FEE: \$48

ARTHRITIS AQUATICS PROGRAM

FEE: \$48

ARTHRITIS EXERCISE PROGRAM

1:30pm OR (check one)

2:30pm

FEE: \$40 PER SESSION

BETTER BONES – INTERMEDIATE

TUESDAYS AND/OR

THURSDAYS

FEE: \$60 PER SESSION

CORE DYNAMIX

FEE: \$40

DANCING THROUGH THE DECADES

FEE: \$48

HATHA YOGA

FEE: \$80

MUSCLES IN MOTION (Chilton)

FEE: \$30

MUSCLES IN MOTION (Wayne)

FEE: \$60

THE POWER HOUR

FEE: \$48

T'AI CHI CHIH® JOY THRU MOVEMENT – BEGINNER

FEE: \$60

T'AI CHI CHIH® – INTERMEDIATE

10:45am OR (check one)

11:45am

FEE: \$60 PER SESSION

USING YOUR MIND-BODY CONNECTION

FEE: \$40

YOGA – BEGINNER

FEE: \$50

YOGA – INTERMEDIATE

FEE: \$50

ZUMBA® GOLD (Chilton)

FEE: \$40

ZUMBA® GOLD (Wayne)

MONDAYS AND/OR

WEDNESDAYS AND/OR

FRIDAYS

FEE: \$48 PER SESSION

ZUMBA® TONING (Chilton)

FEE: \$80

BREAKFAST: START YOUR DAY IN A HEALTHY WAY

FEE: \$5

CHOLESTEROL: THE GOOD, THE BAD AND THE ESSENTIAL

FREE

CURB THE CRAVINGS, CURB THE CALORIES

FEE: \$5

DO YOU KNOW UNCLE SAM?

FEE: \$5

GET THE FACTS ABOUT CATARACTS

FREE

KEEPING YOUR BALANCE

FREE

LIVE, LAUGH, CELEBRATE

FEE: \$53

MALE CANCER SCREENING

FEE: \$28

(Call 973-831-5475 to schedule an appointment.)

MANHATTAN BRIDGES

FEE: \$5

NEW YORK CITY: CAPITAL OF THE WORLD

FEE: \$5

THE ROLE OF NUTRITION IN CANCER PREVENTION

FEE: \$5

SENIOR POLICE ACADEMY

FREE

SENSATIONAL SUMMER SALADS

FEE: \$5

TAKE CARE OF YOUR FEET

FREE

UNDERSTANDING CHOLESTEROL

FREE

Classes are held in various locations. For directions or information about any of these classes, call 973-831-5367.

IN CASE OF SEVERE INCLEMENT WEATHER, IT IS THE RESPONSIBILITY OF THE REGISTRANT TO CALL 973-831-5367 FOR A RECORDED MESSAGE INDICATING CANCELLATION OF CLASS/PROGRAM.

Healthy Grilling
Made Easy:



TIPS for a BETTER Barbecue



When you think of summer, what comes to mind? Odds are that barbecues and grilling are somewhere at the top of the list. The backyard tradition is synonymous with the season and provides a great backdrop for friends, family and fun.

But sometimes, it's possible to have too much of a good thing. Burgers, beers and other calorie-dense items are common at these events – and it's easy to overindulge with so much temptation around.

MORE FLAVOR, LESS FAT

For a healthy marinade, Christina Lavner, registered dietitian for Chilton Medical Center, recommends the following for all types of meat, fish and poultry – and even tofu:

- ¼ cup olive oil
- ¼ cup vinegar
- ¼ teaspoon lemon juice
- ½ teaspoon salt
- ½ teaspoon dried thyme (or a favorite herb)
- ½ teaspoon pepper

Lavner recommends marinating for at least a ½ hour, in the refrigerator, or you can marinate overnight.

HEALTHIER BBQs

Fortunately, there are plenty of ways to make your barbecue healthier without skimping on flavor and fun, notes Matthew Schoenholtz, registered dietitian for Hackettstown Medical Center.

“At a barbecue, there’s the culinary aspect and the nutrition aspect,” Schoenholtz says. “You might opt for leaner meats for better nutrition, but the taste might not be as satisfying. Opting for homemade marinades over store bought ones can help to keep calories low.”

GET CREATIVE

Mary Finckenor, registered dietitian for Morristown Medical Center, suggests adding variety to the grill as another way to make your barbecue more nutritious.

“Don’t limit yourself on the grill,” says Finckenor. “You can get creative. Throw shrimp and fish on there or try seasonal vegetables. Introducing all these flavors to your barbecue can be just as satisfying as a juicy burger.”

TAKE PRECAUTIONS

Whatever you decide to grill, do not forget about food safety. Food poisoning can ruin an otherwise fun outing if you’re not careful, acknowledges Sabrina Lombardi, clinical nutrition coordinator of Food and Nutrition Services for Newton Medical Center.

“Basic precautions like keeping raw and cooked food separate, cooking food thoroughly and washing your hands regularly can go a long way,” she says. “And remember not to leave cooked or cold foods sit outside for too long.” ▶

Atlantic Health System

475 South St.
Morristown, NJ
07960-6459

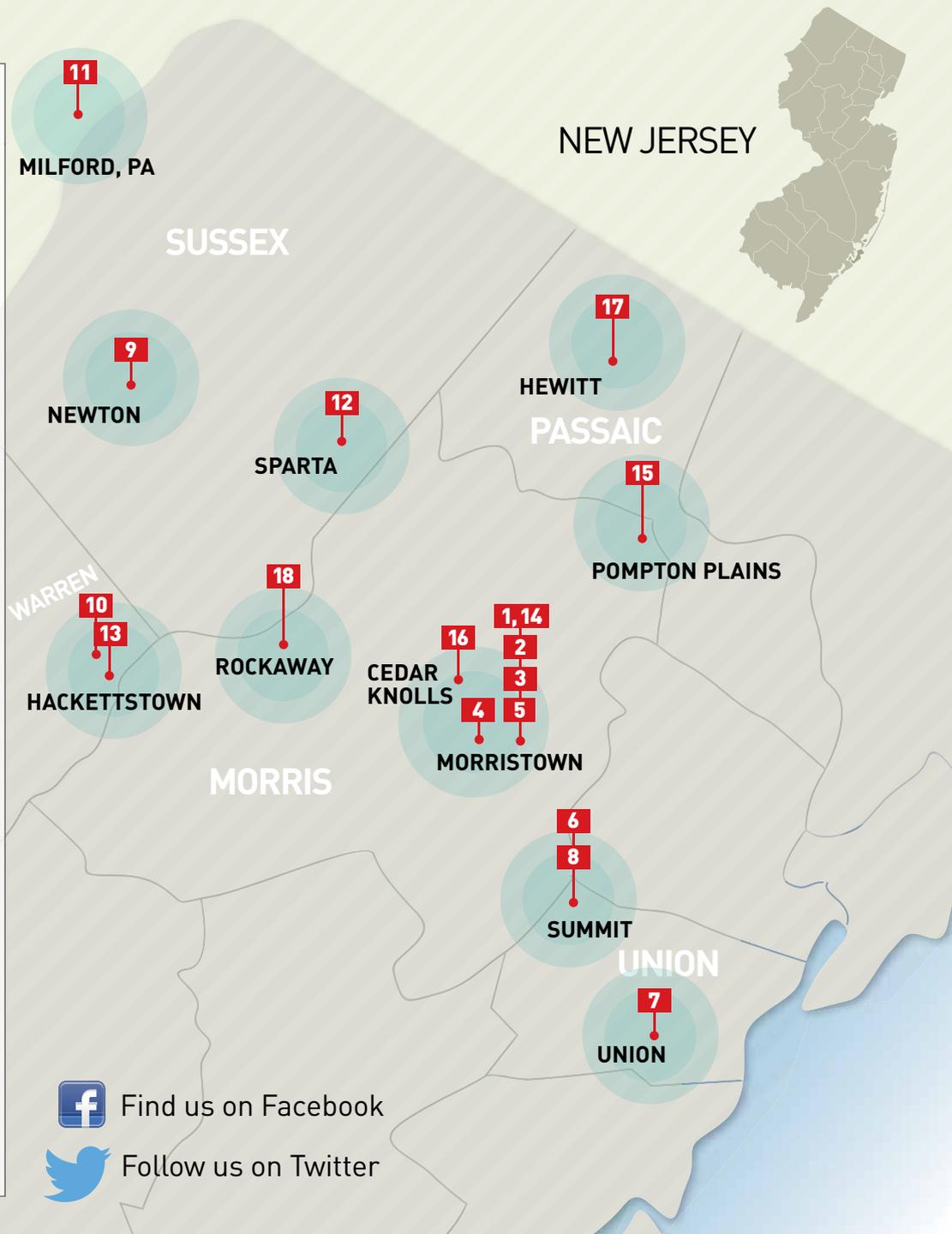
For a referral to
an Atlantic Health System
doctor, call 1-800-247-9580
or visit findadoctor.atlantichealth.org.



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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
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> | <p>9 Newton Medical Center
175 High St.,
Newton, NJ 07860
973-383-2121</p> <hr/> <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 Urgent Care at Hackettstown
57 Route 46, Suite 100,
Hackettstown, NJ 07840
908-598-7980</p> <hr/> <p>14 Chambers Center for Well Being
435 South St.,
Morristown, NJ 07960
973-971-6301</p> <hr/> <p>15 Chilton Medical Center
97 W. Parkway,
Pompton Plains, NJ 07444
973-831-5000</p> <hr/> <p>16 Medical Institute of New Jersey
11 Saddle Road,
Cedar Knolls, NJ 07927
973-267-2122</p> <hr/> <p>17 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>18 Morristown Medical Center Health Pavilion
333 Mount Hope Ave.,
Rockaway, NJ 07866
973-895-6604</p> |
|---|---|



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