

# well aware

Warm Up With Healthy  
Winter Soups

ER Robot Saves Local  
Stroke Patient

WINTER  
2015

WELCOME TO OUR WINTER  
**new vitality**  
COMMUNITY CLASSES  
AND CALENDAR



Chilton  
Medical Center  
ATLANTIC HEALTH SYSTEM

## DEAR FRIENDS,

Time to leave pumpkin carving and haunted houses behind: Jack Frost is here. These are the months we share new memories with friends and family as we come together to celebrate the season.

To keep you healthy in the new year, we've put together a comprehensive array of New Vitality listings bringing you the best in local wellness events. We're also running a feature article on "teleneurology," to demonstrate how physicians use the latest remote control technology to help stroke patients.

And because the colder weather always puts a brisk chill in the air, we've included ideas for healthy soups that you can easily prepare for your family all winter long. Warm up together.

*Deborah K Zastocki*

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

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Tell us what you want to read about in *Well Aware*. Email us at [well.aware@atlantichealth.org](mailto:well.aware@atlantichealth.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 [atlantichealthblog.org](http://atlantichealthblog.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@atlantichealth.org](mailto:well.aware@atlantichealth.org).



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Morristown Medical Center  
Overlook Medical Center  
Newton Medical Center  
Chilton Medical Center  
Goryeb Children's Hospital



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 its respective field.

**OFFICIAL HEALTH CARE PARTNER**



**AN OFFICIAL HEALTH PROVIDER OF THE NEW JERSEY DEVILS**



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## COLD VERSUS FLU

The common cold and seasonal influenza are often mistaken for one another because early symptoms of both illnesses can be similar. Both are respiratory illnesses caused by different viruses that are spread from person to person. Severity of symptoms can vary from one individual to another, but in most cases, the flu is much more serious than the common cold. Here is a list that can help you tell them apart.

### COMMON COLD

- **Common Symptoms:** Sneezing, stuffy nose, sore throat, watery eyes
- **Uncommon Symptoms:** Chills, fever
- **Mild Symptoms:** Exhaustion, body aches, headache
- **Mild-to-Moderate Symptoms:** Chest discomfort
- **Coughing Type:** Hacking

### INFLUENZA

- **Common Symptoms:** Fever, sneezing, stuffy nose, sore throat, chills, headache, vomiting (common in children more often than adults) and diarrhea
- **Moderate-to-Severe Symptoms:** Exhaustion
- **Severe Symptoms:** Body aches, chest discomfort
- **Coughing Type:** Dry

The best way to prevent the flu is by receiving your seasonal flu vaccine each year. Washing your hands frequently with soap and water or using a hand sanitizer are helpful measures, along with avoiding touching your eyes, nose and mouth.

## Winter Exercise Facts

Sure, winter is the season when snow blankets the ground, and you feel like all you want to do is stay indoors with a warm cup of cocoa. But it's actually the perfect time to get out there and burn some calories.

Here are some simple "wintercises" and the calories they burn.

Activity	Calories Burned per Hour
Ice-skating	425
Downhill skiing	374
Cross-country skiing	510
Sledding	407
Building a snowman	349



Even shoveling snow burns 523 calories an hour — surprise a neighbor or friend by clearing up his or her driveway and sidewalk while keeping healthy on a chilly winter afternoon. You'll enjoy it more than you think.

## ACCESS YOUR PATIENT PORTAL

Managing your health care just got a little easier. You do not have to call your primary care physician (PCP) to ask basic questions about your medical history: You can get all the help you need from the comfort of your home.

The MyChilton Patient Portal is the streamlined, free way to connect to vital personal health information from your laptop, tablet or smartphone — anywhere you have a Wi-Fi connection. We call it a portal because it's an electronic doorway giving you immediate access to important facts, like your:

- lab and imaging results
- allergies and conditions
- immunization history
- medications and dosages
- recent physician visits
- post-visit discharge instructions

To activate your portal, simply go to our website, [chiltonhealth.org](http://chiltonhealth.org). Click on "MyChilton Patient Portal" and follow the standard enrollment steps. You'll have to create a unique username and password and answer a few short questions to create your profile. This will allow you to view your vital records privately, conveniently and securely, so you can manage your health at all times, wherever you are, whenever you want.



# A Matter of Time

Swift action and advanced technology save stroke victim



## JUST AN ORDINARY DAY

At about 9:00am, West Milford resident Sally Roche was sautéing vegetables from the garden when her spouse, David, indicated he was not feeling “right.” “I thought I slept funny,” he explains. The couple was initially unconcerned, but Sally soon noticed her husband stumbling and saw that he was having difficulty sitting and dressing. She called 911.

Minutes later, David was in an ambulance headed for Chilton Medical Center. By the time he reached the hospital, he could not move his right arm or speak — and was clearly exhibiting signs of a stroke.

## ROBOT TO THE RESCUE

Fortunately, Chilton Medical Center recently added a new member to its emergency stroke team: a telemedicine robot. It allows a neurologist who specializes in “teleneurology,” or the science of remote stroke treatment, to evaluate and communicate with patients through a secure, two-way digital video camera.

“Sophisticated imaging capabilities allow us to hear and see the patient with extraordinary detail and precision — from the size of the patient’s pupils to the sound of his or her breathing,” states Robert Felberg, MD, neurologist and medical director of the Comprehensive Stroke Center for Atlantic Neuroscience Institute.

In this case, David needed tPA, a time-sensitive, clot-breaking medication, and he needed it fast. The telemedicine robot delivered. At Dr. Felberg’s recommendation, the staff administered tPA with only four minutes to spare. “It felt like the neurologist was in the room with us,” remarks Sally, who was very impressed by the robot’s capabilities.

## A DRAMATIC SAVE

“David would have been permanently paralyzed on his right side if he had not received the tPA in time,” adds Chilton Medical Center physician Ami R. Patel, DO. “Time lost is brain lost, so every passing minute is critical when it comes to



diagnosing stroke and administering treatment that can reverse its disabling, potentially fatal effects.”

Seven weeks after his stroke, the 75-year-old longshoreman returned to his job on the docks of Newark’s seaport and is once again cruising around town in his prized Model T pickup truck — and his motorcycle.

“My father was just two weeks shy of his 60th birthday when he died from a stroke ... because he went back to bed instead of getting help,” adds David. “Even if you’re not sure, make the call. It could save someone’s life.” ▶

For more information on stroke, visit [atlantichealth.org/chilton](http://atlantichealth.org/chilton).

## Know the Signs of Stroke

The American Stroke Association offers an easy way to identify the sudden signs and symptoms of stroke. Just remember the acronym **FAST**\*:

- F** **Face Drooping** Ask the person to smile. Is the smile uneven?
- A** **Arm Weakness** Ask the person to raise both arms. Does one arm drift downward?
- S** **Speech Difficulty** Ask the person to repeat a simple sentence. Is his or her speech slurred or difficult to understand?
- T** **Time to Call 911** If you notice ANY of these symptoms, dial 911 and get the person to the nearest hospital. *Check the time to note when symptoms first appeared.*

\*Source: American Heart Association/American Stroke Association



## INTEGRATED WELLNESS

### ARTHRITIS FOUNDATION AQUATICS PROGRAM (Joint-Friendly)

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

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

**DATE:** Thursdays, February 5 to March 26

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

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

### ARTHRITIS FOUNDATION EXERCISE PROGRAM (Joint-Friendly)

Gentle activities help increase joint flexibility and maintain range of motion.

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

**DATE:** Mondays, February 2 to March 23

**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, January 27 to March 31

**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 anyone can do.

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

**DATE:** Thursdays, January 22 to April 9

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

**FEE:** \$60 for all 12 weeks

### T'AI CHI CHIH — Intermediate (Joint-Friendly)

This class will introduce Sejjaku (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* 11:45am to 12:30pm

**DATE:** Thursdays, January 22 to April 9

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

**FEE:** \$60 for all 12 weeks

### YOGA — Beginner

Bring a small blanket and a mat for the floor.

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

**DATE:** Tuesdays, January 20 to April 7

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

**FEE:** \$60 for all 12 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, January 20 to April 7

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

**FEE:** \$60 for all 12 weeks

## LEARNING @ YOUR LEISURE

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



**FREE SLEEP HEALTH SCREENINGS**  
Visit [chiltonhealth.org](http://chiltonhealth.org).

### PULMONARY REHABILITATION PROGRAM

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

### DIABETES SELF-MANAGEMENT EDUCATION PROGRAM

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



## 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, January 19 to April 6  
*AND/OR*

**DATE:** Wednesdays, January 21 to April 8  
**PLACE:** New York Sports Club, 1481 Route 23 South, Butler

**FEE:** \$60 for each 12-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, January 21 to April 8  
**PLACE:** New York Sports Club, 1481 Route 23 South, Butler

**FEE:** \$60 for all 12 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, January 20 to March 31 (no class February 24)  
*AND/OR*

**DATE:** Thursdays, January 22 to April 2 (no class February 26)

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

**FEE:** \$60 for each 10-week session

### **CORE DYNAMIX**

Cardio, balance, standing (barre) work and mat floor exercises. Bring one pair of light weights (2 to 3 pounds) and a mat.

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

**DATE:** Tuesdays, January 20 to April 7  
**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$60 for all 12 weeks

### **NEW CLASS — EXERCISE IN DISGUISE!**

Hula Hooping is a low-impact, calorie-burning workout. Join us for this waist-whittling class and have fun. Hula Hoops provided.

**TIME:** 6:00 to 6:45pm

**DATE:** Thursdays, January 29 to April 2

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

**FEE:** \$80 for all 10 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, January 26 to March 30

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

**FEE:** \$50 for all 10 weeks

*AND/OR*

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

**DATE:** Thursdays, January 22 to April 2 (no class February 26)

**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, January 28 to April 8 (no class March 25)

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

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

## 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 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 for this program.



## NEW CLASS — INTRODUCTION TO TABATA

Tabata training is one of the most popular forms of high-intensity interval training. It consists of eight rounds of exercises in specific 20-seconds on, 10-seconds off intervals. Each round lasts for four minutes.

**TIME:** 7:00 to 8:00pm

**DATE:** Mondays, February 16 to April 20 (no class March 9 and 16)

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

**FEE:** \$64 for all eight weeks

## ZUMBA® GOLD

Improve balance, strength and flexibility.

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

**DATE:** Mondays, January 19 to April 6

**AND/OR**

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

**DATE:** Wednesdays, January 21 to April 8

**AND/OR**

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

**DATE:** Fridays, January 23 to April 10

**PLACE:** Wayne Presbyterian Church,



1200 Alps Road, Wayne

**FEE:** \$72 for each 12-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 1:45pm

**DATE:** Thursdays, January 22 to April 9

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

**FEE:** \$60 for all 12 weeks

## ZUMBA TONING

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

**TIME:** 7:00 to 8:00pm

**DATE:** Wednesdays, January 28 to April 8 (no class March 25)

**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](http://pomptonlakesgov.com)

RINGWOOD  
973-962-7079  
[ringwoodnj.net](http://ringwoodnj.net)

WANAQUE  
973-839-3000, ext. 7122 or 7124  
[wanaqueborough.com](http://wanaqueborough.com)

WAYNE  
973-694-1800, ext. 3241  
[waynetownship.com](http://waynetownship.com)

WEST MILFORD  
973-728-2725  
[westmilford.org](http://westmilford.org)

## HEALTH EDUCATION



### HEART ATTACK SYMPTOMS FOR WOMEN

Learn signs and symptoms of a heart attack and why treatment is critical at the first signs of distress.

**PRESENTER:** Arthur Calise, MD

**TIME:** 7:00pm

**DATE:** Monday, February 2

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

**FREE**

### HEART HEALTH SCREENING

Includes blood pressure, cholesterol, glucose, body fat analysis and health education counseling and materials.

Appointments are required and limited. **For more information and to make an appointment, call 973-831-5475.**

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

**DATE:** Tuesday, February 10

**PLACE:** Chilton Health Network

**FEE:** \$5

### KEEPING YOUR HEART HEALTHY AND STRONG

Join us during American Heart

Month and learn what you can do to keep your heart healthy through diet, exercise, stress reduction, weight management and healthier choices. Our interactive, giant inflatable heart will be on-site along with Chilton Medical Center cardiology staff. A light, healthy breakfast is provided by Llanfair House.

**PRESENTER:** Martin Tabaksblat, MD

**TIME:** 2:00pm

**DATE:** Wednesday, February 25

**PLACE:** Chilton Health Network, MICU Classroom

**FREE**

### COLON HEALTH UPDATE

Lower your risk of colon cancer by learning how to keep your colon healthy while being informed about symptoms, screenings and the latest treatment options. Participants will receive a free take-home Hemoccult kit to prescreen for colon cancer. This test checks stool for traces of blood that cannot be seen with the naked eye.

**PRESENTER:** Joshua Nochumson, MD

**TIME:** 7:00pm

**DATE:** Monday, March 9

*OR*

**TIME:** 10:00am

**DATE:** Wednesday, March 25

(A light breakfast is provided by Caring People Home Health Agency.)

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

**FREE**

### DIABETIC EYE DISEASE: ARE YOU AT RISK?

Learn about diabetes-related eye diseases and what you can do to protect your vision. A light breakfast is provided by CareOne at Wayne.

**PRESENTER:** Eric Shnyder, MD

**TIME:** 10:00am

**DATE:** Wednesday, April 15

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

**FREE**

### ANTIBIOTICS: FRIEND OR FOE?

Antibiotics are a medical treasure, but their effectiveness is being threatened by overuse. Join us to learn when you should or should not take antibiotics and why it is so important to take them properly. *If you have not yet completed a New Vitality membership application or Healthy Living Profile, we will be offering registration after the lecture.* A light breakfast is provided by Milford Manor Nursing & Rehabilitation.

**PRESENTER:** Richard Krieger, MD

**TIME:** 10:00am

**DATE:** Wednesday, March 18

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

**FREE**

## MATERNITY EDUCATION



### LOOKING FOR AN OB/GYN OR MIDWIFE?

Come meet the childbirth providers at Chilton Medical Center. Here's your chance to speak with the OB/GYN physicians and certified nurse midwives from Chilton Medical Center all at one central location. Additional doctors and staff will also be available from Neonatology, Maternal-Fetal Medicine and Parent Education. A tour of the Mother Baby Center will be provided for those interested.

Space is limited. **To register, call 1-800-247-9580 or visit [atlanticealth.org/chilton](http://atlanticealth.org/chilton).** Light refreshments will be served.

**TIME:** 6:00 to 8:00pm

**DATE:** Wednesday, March 25

**PLACE:** Chilton Medical Center, Collins Pavilion Auditorium, 97 West Parkway, Pompton Plains

**FREE**

## SUPPORT GROUPS

**Alzheimer's Disease Caregivers Support Group:** 7:00 to 8:30pm the second Wednesday of the month from now through June — Chilton Medical Center Interfaith Chapel. For information, call 973-831-5367.

**Arthritis Support Group:** 10:30 to 11:30am the fourth Tuesday of the month — CareOne at Wayne, 493 Black Oak Ridge Road, Wayne. 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.

**Well Spouse Support Group:** For a spouse caring for a chronically ill or disabled loved one, from 1:30 to 3:00pm the second Monday of the month — Chilton Medical Center, Collins Pavilion. For information, call 973-831-5311/5306.

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



## NUTRITION

### HEART-HEALTHY DIET

Learn some new heart-healthy nutrition tips and enjoy new recipe ideas.

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

**TIME:** 7:00pm

**DATE:** Monday, February 9

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

**FEE:** \$5

### WINTER COMFORT FOODS MADE HEALTHIER

Learn to create hearty comfort foods with a healthy twist. Tasting and recipes included.

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

**TIME:** 11:00am

**DATE:** Friday, February 27

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

**FEE:** \$5

### HEALTHY DIET, HEALTHY COLON

Learn about the foods you need to eat to keep your colon healthy and running smoothly.

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

**TIME:** 7:00pm

**DATE:** Monday, March 16

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

**FEE:** \$5



## Save the Date

### Chilton Medical Center Foundation Special Event

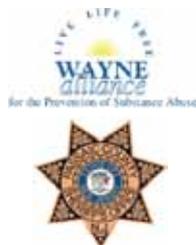
Tenth annual "Bon Vivant" wine  
tasting event "Wines of the World"  
Preakness Hills Country Club,  
1050 Ratzer Road, Wayne  
**DATE:** Friday, April 24

Call 973-831-5165 or visit  
[atlanticealth.org/chilton](http://atlanticealth.org/chilton)  
for additional information.



## LIFE ENRICHMENT

### SENIOR POLICE ACADEMY



The Passaic County Sheriff's Office will host this award-winning, four-week course to enlighten our senior community and improve their quality of life. Some of the topics that may be covered include: how to be a neighborhood watchdog; traffic and pedestrian safety/defensive driving; fire safety; crime prevention; senior fraud; alcoholism and gambling, and self-defense for seniors. 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 7 to 28

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

**FREE**

### THE PALISADES

A colorful, historical tour of one of New Jersey's most impressive landmarks, including Fort Lee and Palisades Amusement Park.

**PRESENTER:** Kevin Woyce

**TIME:** 10:00am

**DATE:** Friday, April 10

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

**FEE:** \$5

### CALLING ALL NEW GRANDPARENTS

This class will inform new and "about-to-become" grandparents about current ideas in child care.



**PRESENTER:** Karin Beach, RN, BSN, ICCE, ICD

**TIME:** 6:30 to 8:30pm

**DATE:** Thursday, April 23

**PLACE:** Chilton Medical Center, Board Room

**FREE**



### ROSIE THE RIVETER: WE CAN DO IT!

A cultural icon representing American women who worked in factories during World War II, Rosie learned to rise to the challenge and adjust to returning to traditional roles once men returned home from the war. This program is funded by the Horizon Speakers Bureau of the New Jersey Council for the Humanities, a state partner of the National Endowment for the Humanities.

**PRESENTER:** Elizabeth Michaels of the American Historical Theatre

**TIME:** 11:00am

**DATE:** Friday, March 27

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

**FREE**

Elizabeth Michaels



## AUXILIARY EVENTS



### A NIGHT AT THE THEATRE

The Chilton Auxiliary is hosting a benefit performance of *The Spitfire Grill: A Musical*. This event is being sponsored by Boiling Springs Savings Bank, and proceeds will benefit Chilton Medical Center Cancer Center.  
**TIME:** 8:00pm (light refreshments will be served before the show at 7:00pm)

**DATE:** Thursday, May 28

**PLACE:** The Barn Theatre, 32 Skyline Drive, Montville  
**TICKET PRICE:** \$35

For ticketing information, contact the Auxiliary office at 973-831-5345.

# Accountable Care in New Jersey

**A**CO — Accountable Care Organization. You might have seen this relatively new health care acronym cropping up in the news lately. But for Medicare patients and others on certain commercial insurance plans in northern New Jersey, what it means is access to an exceptionally broad range of health care providers working together to ensure they get the right care at the right time — and at the right cost.

There are about 625 ACOs across the country to date. The Atlantic ACO is a group of doctors, hospitals and other health care providers who have come together voluntarily to coordinate high-quality care for the community.

“Atlantic Health System joined with Valley Health System and its hundreds of providers to create this seamless system of care, which is there for you whether you need treatment at your primary care provider’s office, in the emergency room, during a hospital stay or even at home,” says David Shulkin, MD, president of Atlantic Accountable Care Organization, and president of Morristown Medical Center.

## PRACTICING PREVENTIVE CARE

“The Atlantic ACO is designed to help members become healthier, and to help those with chronic illnesses like heart disease or diabetes, for example, keep their condition under control,” according to Dr. Shulkin. “That’s one of the most robust benefits that our ACO can offer, and one of the ways we can help improve the health of the overall population we serve.”

If your insurance plan is part of Atlantic

ACO, your primary care physician (PCP) has probably already reached out to you regarding tests, screenings, wellness visits and other services. This is a more proactive way of providing care than in the past, when you had to be the one contacting your physician.

“The linchpin of this highly coordinated level of care is the ACO’s robust PCP network,” says David R. Gross, executive director of Atlantic ACO. “All other providers, from specialists to hospitals, work in harmony with them.”

## ADDED PATIENT BENEFITS

The ACO has also put systems in place to ensure that all care providers share health records and test results, so they have all the necessary information at their disposal to make informed decisions. This pooling of information allows patients to avoid redundancies, like having duplicate tests or procedures. Of course this streamlining also saves health care dollars, which can be distributed to other services. In addition, federal guidelines allow the ACO to share in the savings it achieves for the Medicare program, benefiting the network as a whole.

“The ACO is an ideal platform to coordinate all providers,” observes James Barr, MD, medical director of Atlantic ACO. “By working in unison, we’re able to improve patients’ quality of care, to enhance their overall health care experience and, most importantly, to make care more affordable for everyone.” ▶

**For more information about Atlantic ACO, call 973-971-7499 or visit [atlanticaco.org](http://atlanticaco.org).**

## Atlantic ACO Fast Facts:

- Atlantic ACO serves more than 175,000 members in northern New Jersey, including Medicare beneficiaries.
- Providers number 1,850 primary care physicians, specialists, nurse practitioners, physician assistants and others — who communicate with each other regularly about the patients they share.
- It’s owned by Atlantic Health System and Valley Health System.
- Member hospitals represent acute care, rehabilitation centers and children’s hospitals, including: Morristown Medical Center, Overlook Medical Center, Goryeb Children’s Hospital, Newton Medical Center, Chilton Medical Center and The Valley Hospital.
- Bergen, Morris, Sussex, Passaic, Somerset, Union and Warren counties are served.
- Atlantic ACO is one of the largest ACOs nationally and the largest in New Jersey.
- It’s among the first 27 pioneering ACOs in the United States: a true national leader.

**For more information, visit [atlanticaco.org](http://atlanticaco.org).**





**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:  
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, please call Chilton Medical Center at 973-831-5367. You may also register online at [chiltonhealth.org/calendar](http://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. Program fees for \$5 classes 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.

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_

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 classes 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 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 \_\_\_\_\_



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:** \$60 per session

## AQUACISE, LEVEL 2

**FEE:** \$60

## ARTHRITIS FOUNDATION AQUATICS PROGRAM

**FEE:** \$40

## ARTHRITIS FOUNDATION EXERCISE PROGRAM

**FEE:** \$40

## BETTER BONES — Intermediate

Tuesdays *AND/OR*

Thursdays

**FEE:** \$60 per session

## CORE DYNAMIX

**FEE:** \$60

## EXERCISE IN DISGUISE!

**FEE:** \$80

## HATHA YOGA

**FEE:** \$80

## INTRODUCTION TO TABATA

**FEE:** \$64

## MUSCLES IN MOTION (Chilton)

**FEE:** \$50

## MUSCLES IN MOTION (Wayne)

**FEE:** \$60

## THE POWER HOUR

**FEE:** \$80

## T'AI CHI CHIH® JOY THRU MOVEMENT — Beginner

**FEE:** \$60

## T'AI CHI CHIH — Intermediate

10:45am *OR*

11:45am

**FEE:** \$60

## YOGA — Beginner

**FEE:** \$60

## YOGA — Intermediate

**FEE:** \$60

## ZUMBA® GOLD (Wayne)

Mondays *AND/OR*

Wednesdays *AND/OR*

Fridays

**FEE:** \$72 per session

## ZUMBA GOLD (Chilton)

**FEE:** \$60

## ZUMBA TONING (Chilton)

**FEE:** \$80

## ANTIBIOTICS: FRIEND OR FOE?

**FREE**

## CALLING ALL NEW GRANDPARENTS

**FREE**

## COLON HEALTH UPDATE

March 9 (evening) *OR*

March 25 (morning)

**FREE**

## DIABETIC EYE DISEASE: ARE YOU AT RISK?

**FREE**

## HEALTHY DIET, HEALTHY COLON

**FEE:** \$5

## HEART ATTACK SYMPTOMS FOR WOMEN

**FREE**

## HEART HEALTH SCREENING

**FEE:** \$5

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

## HEART-HEALTHY DIET

**FEE:** \$5

## KEEPING YOUR HEART HEALTHY AND STRONG

**FREE**

## LOOKING FOR AN OB/GYN OR MIDWIFE?

**FREE**

## THE PALISADES

**FEE:** \$5

## ROSIE THE RIVETER: WE CAN DO IT!

**FREE**

## SENIOR POLICE ACADEMY

**FREE**

## WINTER COMFORT FOODS MADE HEALTHIER

**FEE:** \$5

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.**

# Soup's On:

## Warm Up This Winter With Hearty, Healthy Comfort Fare

**D**elicious and nutritious, there's nothing better than a bowl of hot soup on a cold winter's day. Soups come in all shapes and consistencies, from clear soups, such as bouillon or *consommé*, to soups thickened with starch or cream, like purées and bisques.

"There's a philosophy that there are cooling foods and warming foods and that people will naturally gravitate toward cooling foods in the summer and warming foods in the winter to balance out the effects of the weather," says Mary Finckenor, registered dietitian for Morristown Medical Center. And now that the winter is here, soup is clearly the way to go.

### THE BENEFITS OF ADDING SOUP TO YOUR WINTER MENU

Soup is a filling, nutritious and easy way to keep warm and fuel up during the winter months. It not only makes for a substantial meal: It's chock-full of nutrients and is simple to prepare.

**FILL UP FASTER** Soup can be a tasty way to satisfy your appetite and manage your weight. "If you start a meal with a soup, you will generally eat fewer calories at that meal because liquid foods like soup are very satisfying."

**TAKE YOUR VITAMINS** "Nutrient-wise, soup can deliver a healthy mix of vegetables you might not normally eat," says Finckenor. In

some cases, the nutritional value of vegetables actually increases as they are heated. "For example, we're able to absorb more lycopene from tomatoes and beta-carotene from carrots or butternut squash when they're cooked," Finckenor observes. Leafy greens like kale are filled with vitamin K and potassium and hold up well in soup.

**IT'S AS EASY AS 1-2-3** Preparing soup from scratch is relatively simple. Buying pre-cut vegetables and using a slow cooker can help save time. Ready-made soups can be quick and easy, but be careful to avoid cream-based soups and watch salt content, Finckenor warns. "Canned soup is notoriously high in sodium, often having over 800 milligrams in one cup. Limit sodium to no more than 300 milligrams per cup. Watch out for claims: Soups labeled 'reduced' or 'less' sodium can still be quite high in sodium. Read nutritional labels carefully. Look for no-salt or unsalted options, instead, then salt it yourself for taste."

And remember, soup makes a meal. Frozen soup can even keep for up to three months — and since January is National Soup Month, you can celebrate with a wholesome meal from New Year's well past Groundhog Day. See Finckenor's recipe for her *Butternut Squash Soup With Apple Cider Cream*: It's a wintery favorite. ▶

## BUTTERNUT SQUASH SOUP WITH APPLE CIDER CREAM

### Ingredients

- 2 tablespoons canola or olive oil
- 2½ pounds chopped butternut squash
- 2 cups chopped white onion
- ½ cup chopped peeled carrot
- 1 Granny Smith apple, peeled, cored and chopped
- 1½ teaspoons dried thyme
- ½ teaspoon crumbled dried sage leaves
- 4-5 cups no-salt-added chicken or vegetable stock
- 2 cups apple cider, divided
- curry powder — optional
- cayenne pepper — optional
- ⅔ cup plain Greek yogurt or low-fat sour cream

Preheat oven to 375 F. Toss butternut squash with a little canola or olive oil and bake on a baking tray until tender — 30-45 minutes. When tender, remove from oven and set aside.

While squash is baking, heat oil in a large pot. Add onion and carrots; sauté until slightly softened, about 15 minutes. Mix in apples, thyme and sage. Add stock and 1 cup cider and bring to a boil. Reduce heat to medium-low. Cover and simmer until apples are tender, stirring occasionally, about 30 minutes. Add squash and cool slightly.

Working in batches, purée soup in blender or use an immersion blender to purée inside the pot. Season with curry powder and cayenne pepper to taste (if desired).

Boil remaining cider in heavy small saucepan until reduced to ½ cup. Place yogurt or sour cream in small bowl. Whisk in reduced cider. (Soup and cider cream can be made one day ahead. Cover separately and refrigerate.)

Bring soup to a simmer. Ladle into bowls. Drizzle with cider cream.

This soup freezes beautifully — top with freshly made cider cream and you're good to go.

**Yield: Serves 8**

Nutrition information per serving with cider cream made with fat-free Greek yogurt:

**Calories 140; Fat 3.7 g; Saturated Fat 0 g; Cholesterol 0 mg; Carbohydrate 26 g; Sodium 109 mg; Protein 4.5 g; Fiber 1.4 g**



**Atlantic Health System**

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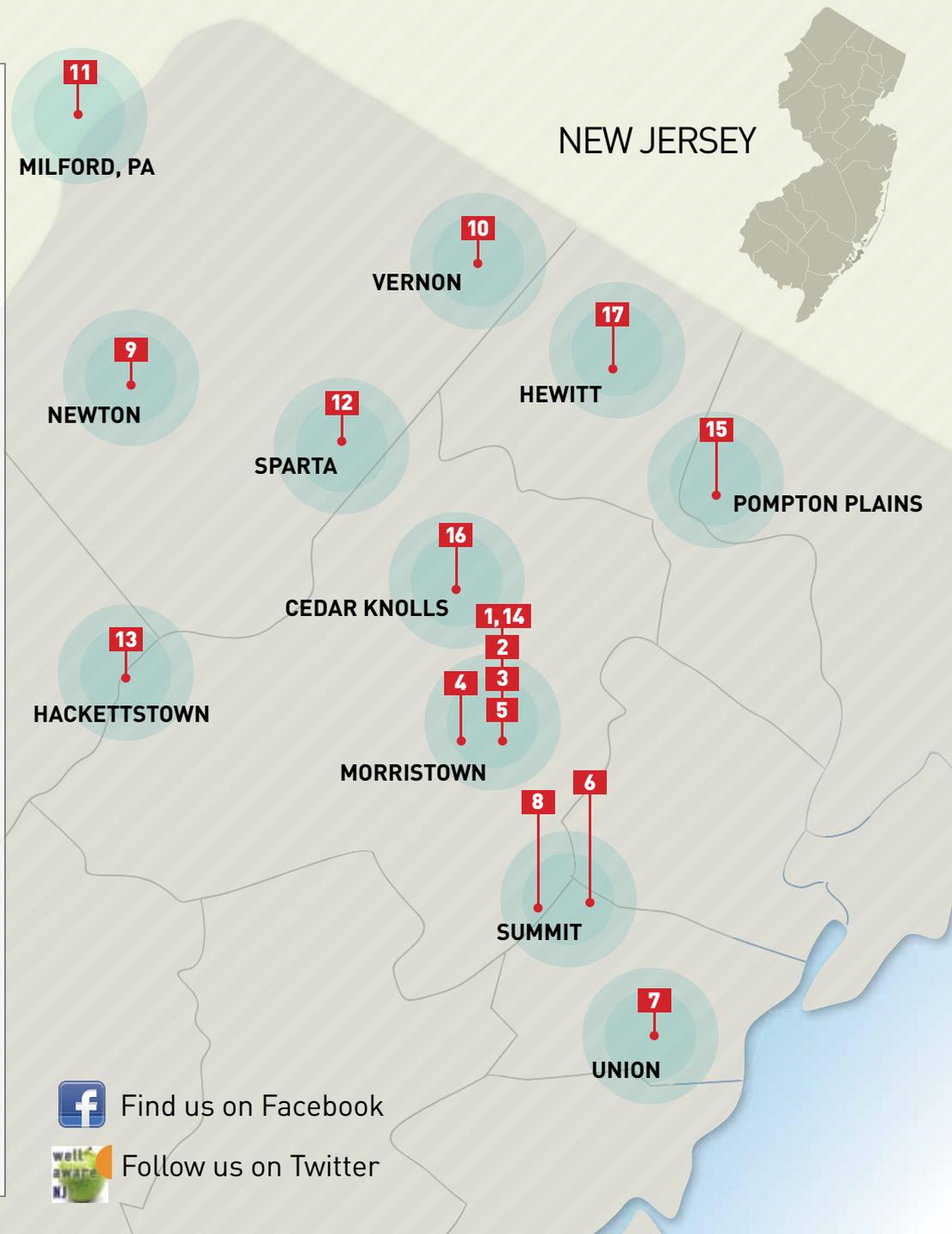
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an Atlantic Health System  
doctor, call 1-800-247-9580  
or visit [findadoctor.atlantichealth.org](http://findadoctor.atlantichealth.org).



Atlantic Health System **Main Locations**

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