

# well aware

WINTER  
2016

REGISTER FOR WINTER'S  
**new vitality**  
COMMUNITY CLASSES

The ABCs of  
**Health Insurance**

**Hand-Washing: A  
Powerful Defense  
Against Germs**

Breast Cancer  
Survivor Shares  
Her Story



Chilton  
Medical Center  
ATLANTIC HEALTH SYSTEM

Trusted Network of Caring™

## DEAR FRIENDS,



Last spring, I joined Atlantic Health System in my new role as president and CEO. I have met with hundreds of community members, patients and employees for their input to help set the course for our future. Together, we are striving to create a *Trusted Network of Caring™*. Our promise to you is we will deliver the right care, at the right quality, at the right time, at the right place and at the right cost.

This issue features the critical importance of hand hygiene. Also, there is a calendar of activities to encourage you to keep healthy and active. In addition, learn more about the CyberKnife® M6™, the latest high-tech modality to keep you and your families close to home when cancer treatment is needed.

It is our privilege to serve you and work together to create healthier communities. Best wishes for a happy and healthy new year!

**Brian A. Gragnolati**  
President & CEO,  
Atlantic Health System

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Breast Cancer

Download our **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@atlantichealth.org](mailto:well.aware@atlantichealth.org). Or write us at Atlantic Health System, Attn: *Well Aware*, P.O. Box 1905, Morristown, NJ 07962.

### 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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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, Goryeb Children's Hospital and Atlantic Rehabilitation. The five medical centers have a combined total of 1,599 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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## WINTER SAFETY:

### Protect Yourself This Season

**W**ith snow and cooler temperatures now the norm, you have to be extra careful when leaving the house. Before heading outside and facing the weather, make sure you keep these tips in mind to stay safe.

**WEAR THE RIGHT SHOES:** It's going to be slippery outside, so proper footwear will help you avoid falls – and injuries. Also, do not rush over icy surfaces. Take your time to maintain balance and prevent a nasty spill.

**STAY HYDRATED:** The cold air makes dehydration a lot likelier during the winter. If you're outside for an extended period of time, take periodic water breaks to rehydrate.

**USE PROPER SNOW-SHOVELING TECHNIQUES:** Shoveling snow is already a taxing activity; it burns close to 300 calories per hour. So when you throw some harsh winter weather into the mix, there's an accident waiting to happen. When shoveling, push the snow – do not lift it – and always lift with your legs.

For more winter safety tips, visit the National Safety Council at [nsc.org](http://nsc.org).

## New CyberKnife® M6™ Available at Overlook Medical Center

The CyberKnife M6 system is a noninvasive method of treating tumors with high-dose, highly accurate radiation that minimizes damage to healthy tissue. Treating cancerous and noncancerous tumors of the brain and spine, in addition to lung, liver, pancreas and prostate cancers, it delivers extremely precise treatments while maximizing patients' quality of life during and after treatment.

CyberKnife does not involve cutting and provides a pain-free, nonsurgical option for patients with tumors previously diagnosed as inoperable or who have received the maximum allowable radiation exposure through other treatments.

With more than 11 years of experience treating patients with CyberKnife technology, the new technology now allows our doctors to treat larger lesions while reducing treatment times.

For more information, visit [atlantichealth.org/ahs-cyberknife](http://atlantichealth.org/ahs-cyberknife).

## Beating the WINTER BLUES

The cooler temperatures and shorter days are a recipe for feeling blue this season – the dog days of summer are long gone. If you're feeling down, try these tips for some seasonal cheering up.

**Take your workout outdoors:** Mood has been partially linked to sun exposure. Spend more time outside – with weather-appropriate clothing, of course – to soak up some sun and perk up.

**Turn up your speakers:** A 2013 study out of the University of Missouri found that listening to upbeat music could influence mood. Study participants who enjoyed cheery

music were more likely to be happier than those listening to somber songs, so start blasting those tunes.

**Establish a sleep schedule:** A recent Gallup poll found that forty percent of Americans are not sleeping enough. To make sure you do not fall into that category, set a strict bedtime to get seven to eight hours of sleep and feel refreshed.

Learn more about seasonal depression by visiting the National Institutes of Health at [nih.gov](http://nih.gov) and searching "winter blues."

# Hand-Washing: A Powerful Defense Against Germs

**W**inter is rife with germs. It's not surprising to see friends and family coming down with something this time of year. But although the flu, common cold and other contagious illnesses are rampant, there's a simple way to fight off all those germs: hand-washing.

Yes, washing your hands with soap and water is one of the most effective ways to avoid getting sick (or spreading germs if you are). And chances are that you are not doing it enough.

## What to Watch Out For

While most people know better than to hang around someone actively coughing and sneezing, direct contact is not necessary to become exposed to viruses and bacteria, notes Jackie Blanchard, RN, MSN, CIC, director of infection prevention for Atlantic Health System. In fact, humans are not the only vehicles for spreading germs. You also have to watch out for public surfaces.

"Bacteria don't move – we move them," says Blanchard. "Germs can live on a surface for hours. Let's say I'm in line at the store and sneeze on a counter. People touching that counter even hours later can come in contact with my germs and spread them."

Frequent hand hygiene serves to protect you and others, but we must remember to keep the integrity of our skin and restore hydration by moisturizing with lotion throughout the day.

In the rare instance that your skin may become irritated from frequent hand gel use, consult with your physician to rule out any underlying dermatologic conditions.

## A Helping Hand

Another common hygiene mistake: touching your face without cleaning your hands. Germs can pass through your nasal passages and other membranes; having hand sanitizer nearby can help lessen the risk.

Hand sanitizer is not always the best solution, however. Blanchard notes several instances where soap and water is better: after using the restroom, and when your hands are visibly soiled.

"In the restroom, you're likelier to come across germs you wouldn't find on everyday surfaces, so you need the friction of hand-washing to mechanically remove those types of germs," she says. "Also when your hands are noticeably dirty or sticky, hand sanitizer won't cut it. And if you are visiting a loved one in the hospital, wash or gel your hands frequently."

Still, Blanchard says that hand sanitizer is better than nothing when you're in a bind.

"In the end, both methods kill germs. And by using one or the other, you're helping yourself – and others." ▶

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Get more hygiene tips at [cdc.gov/handwashing](https://www.cdc.gov/handwashing).

## 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, February 11 to March 31

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

**FEE:** \$40 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

**DATE:** Mondays, February 8 to March 28

**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 26 to March 29

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

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



### MEDITATION FOR MINDFUL WELL-BEING

The art of meditation is to center the mind toward one focus. Come experience various mindful contemplative exercises to discover what a sense of well-being means to you.

**TIME:** 6:30 to 7:30pm

**DATE:** Mondays, February 1 to March 14 (no class February 15)

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

**FEE:** \$48 for all six 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 21 to April 7

**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, January 21 to April 7

**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 19 to April 5

**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 19 to April 5

**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 (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 18 to April 4

**AND/OR**

**DATE:** Wednesdays, January 20 to April 6

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

**FEE:** \$72 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 20 to April 6

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

**FEE:** \$72 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 19 to March 29 (no class February 23)

**AND/OR**

**DATE:** Thursdays, January 21 to March 31 (no class February 25)

**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, January 19 to April 5

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

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

### **DANCING THROUGH THE DECADES – NEW CLASS**

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.

**INSTRUCTOR:** Nadia Goulina from the Fred Astaire Dance Studio

**TIME:** 5:45 to 6:45pm

**DATE:** Thursdays, February 4 to March 17 (no class February 18)

**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, January 18 to April 4

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

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

**AND/OR**

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

**DATE:** Thursdays, January 21 to March 31 (no class February 25)

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

**FEE:** \$60 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

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.



## 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)

WANAUKE  
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)

### 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 20 to April 6

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

**FEE:** \$96 for all 12 weeks



### ZUMBA® GOLD

Improve balance, strength and flexibility.

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

**DATE:** Mondays, January 18 to April 4  
AND/OR

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

**DATE:** Wednesdays, January 20 to April 6  
AND/OR

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

**DATE:** Fridays, January 22 to April 8

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

**FEE:** \$72 for each 12-week class

### ZUMBA® GOLD AT CHILTON

For the Chilton location, instructors suggest that participants use slip-on bands or shoe sliders to pivot safely on carpeted floors.

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

**DATE:** Thursdays, February 4 to April 7

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

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



## HEALTH EDUCATION

### SKIN CARE FOR HARSH WINTER WEATHER

Do you struggle with dry, tired skin in the winter? Come learn about how you can pamper your skin and maintain a glowing complexion all year long, even during freezing temperatures.

**PRESENTER:** K. Neena Chima, MD, FAAD

**TIME:** 7:00pm

**DATE:** Monday, January 25

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

**FREE**

### CONGESTIVE HEART FAILURE 101

Join us during American Heart Month to learn about CHF, including causes, symptoms and treatment options. Healthy refreshments provided by Milford Manor Nursing & Rehabilitation.

**PRESENTER:** Catherine Keller-Warner, RN, MSN, ANP-BC, CCRN

**TIME:** 2:00pm

**DATE:** Wednesday, February 24

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

**FREE**

### COLON HEALTH UPDATE

Lower your risk of colon cancer by learning how to keep your colon healthy and also about symptoms, screenings and the latest treatment options. Participants will receive a FREE take-home Hemocult® kit to prescreen for colon cancer. This test checks stool for traces of blood that cannot be seen with the naked eye. Llanfair House Care & Rehabilitation Center will provide a light, healthy breakfast.

**PRESENTER:** Joshua Nochumson, MD

**TIME:** 10:00am

**DATE:** Wednesday, March 23

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

**FREE**

### HAND SANITIZERS, ANTIBIOTICS AND SUPERBUGS – FACT OR FICTION?

Drug-resistant “superbugs” are scarily on the rise. This program will separate superbug fact from fiction, with a special focus on antibiotics, hand sanitizers, and what you can do to prevent yourself from catching a superbug.

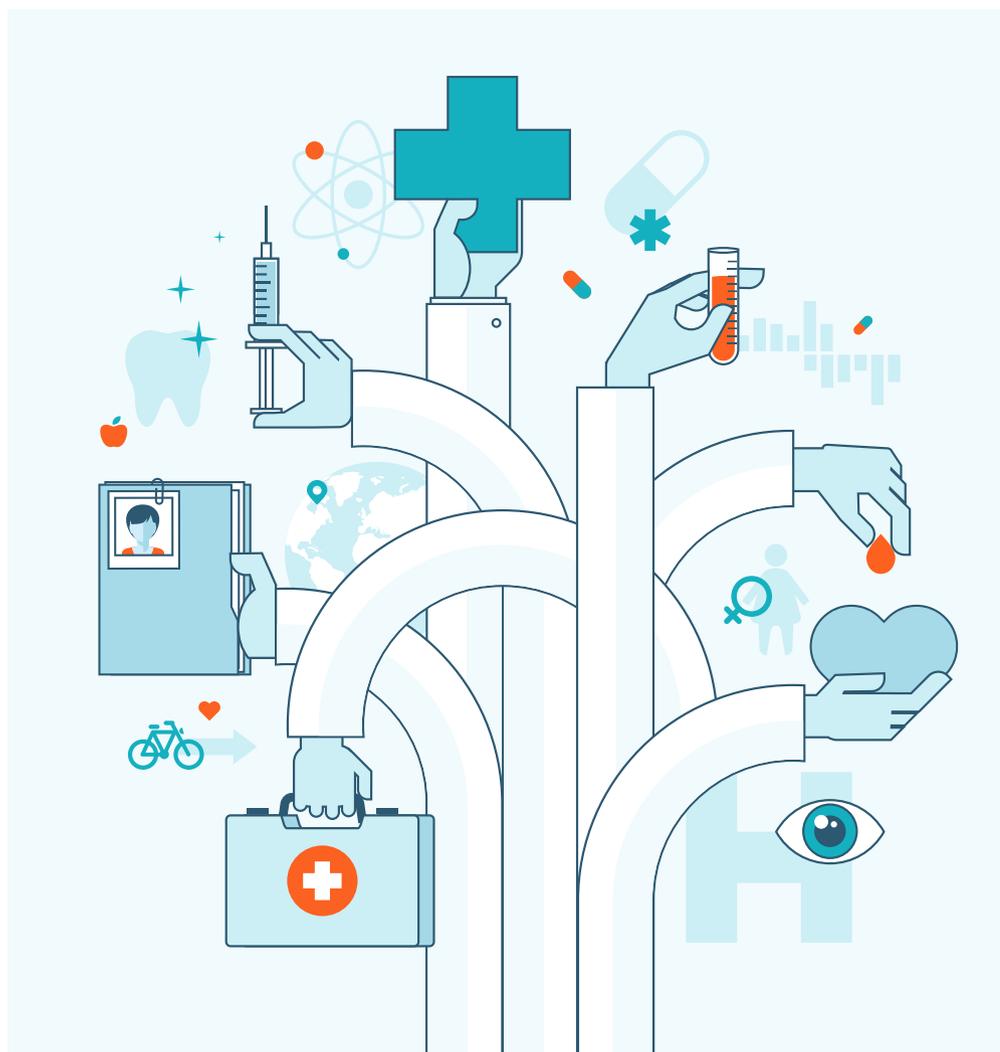
**PRESENTER:** Richard Krieger, MD

**TIME:** 7:00pm

**DATE:** Thursday, March 24

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

**FREE**



## NUTRITION

### THE SKINNY ON SALT

Are you glued to your salt shaker and wondering if it's affecting your health and your heart? Let a registered dietitian help you decide if you need to shake your salt habit. Recipes included.

**PRESENTER:** Natalie Nacheff, MS, RD, ShopRite of Wayne

**TIME:** 7:00pm

**DATE:** Thursday, February 18

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

**FEE:** \$5

### HEART-HEALTHY SNACKS

Snacks do not have to be loaded with fat and sodium. Join us for American Heart Month and learn about healthy snacks that taste delicious and are actually good for you. Sampling and recipes included.

**PRESENTER:** Danielle Colombo, RD, ShopRite of Lincoln Park

**TIME:** 11:00am

**DATE:** Friday, February 19

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

**FEE:** \$5

### READY, GET SET, SPICE IT UP

Do you wonder about the health benefits of spices and whether or not spicier food can help you lose weight? Are you curious about new spices and seasonings, but you're unsure of which ones to buy and how to use them? This presentation is for you. There will also be a bonus segment about how to maximize spices and flavors when using a slow cooker – learn about getting the most out of your recipes.

**PRESENTER:** Natalie Nacheff, MS, RD, ShopRite of Wayne

**TIME:** 7:00pm

**DATE:** Monday, March 21

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

**FEE:** \$5



## LA DIVA TENORS



Expect riveting performances from this powerhouse quartet consisting of three accomplished tenors and a beautiful soprano. Their sparkling contemporary and pop crossover selections are combined with Broadway's greatest music, a sprinkling of opera and a unique blend of wit, personality and humor. Each of these talented performers has credentials that have garnered them praise from all corners of the globe. United, they are an unbeatable combination.

**TIME:** 7:00pm

**DATE:** Thursday, May 19

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

**FEE:** \$20

## FOUNDATION EVENTS

### SAVE THE DATES

Chilton Medical  
Center Foundation  
Special Events



### 12<sup>TH</sup> ANNUAL WINE EVENT

**DATE:** Friday, April 15  
**PLACE:** Preakness Hills  
Country Club, Wayne

### CHILTON GOLF CLASSIC

**DATE:** Monday, June 20  
**PLACE:** Preakness Hills Country Club, Wayne

For more information, call 973-831-5165 or  
visit [chiltonhealth.org/special-events](http://chiltonhealth.org/special-events).



## AUXILIARY EVENT

### A NIGHT AT THE THEATRE

The Chilton Auxiliary is hosting a benefit performance of "Legally Blonde." Boiling Springs Savings Bank is underwriting this event, and proceeds will benefit Chilton Medical Center Cancer Center.

**TIME:** 7:00pm  
**DATE:** Thursday, June 2  
**PLACE:** The Barn Theatre, 32  
Skyline Drive, Montville

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



## 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 – 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 of Home Instead Senior Care. For information, call 973-970-9250.

**United Ostomates of North Jersey:** 7:00 to 8:30pm the second Monday of the month – Chilton Medical Center, Board Room. For information, call JoAnn Valent, RN, CWOCN, at 973-831-5168 or Susan Becker, RN, WOCN, at 973-831-5303.

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

## LIFE ENRICHMENT

### ABRAHAM LINCOLN REMEMBERED: LINCOLN'S 1861 WHISTLE-STOP TOUR

This presentation traces the events surrounding Lincoln's journey by train through seven states on the way to his inauguration in Washington, D.C. Included are the plot against Lincoln in Baltimore and the words he spoke as he accepted the challenge of being president of a country at the brink of the Civil War.

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

**TIME:** 11:00am

**DATE:** Friday, February 12

**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: how to be a neighborhood watchdog, traffic and pedestrian safety/defensive driving, fire safety, crime prevention, senior fraud, alcoholism and gambling. 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, April 5 to 26

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

**FREE**



### NIAGARA: THE FALLS, THE RIVER

From historic bridges and forts to modern-day parks and tourist attractions, this new, hour-long slide presentation is illustrated with original photography plus vintage images of people, places and events.

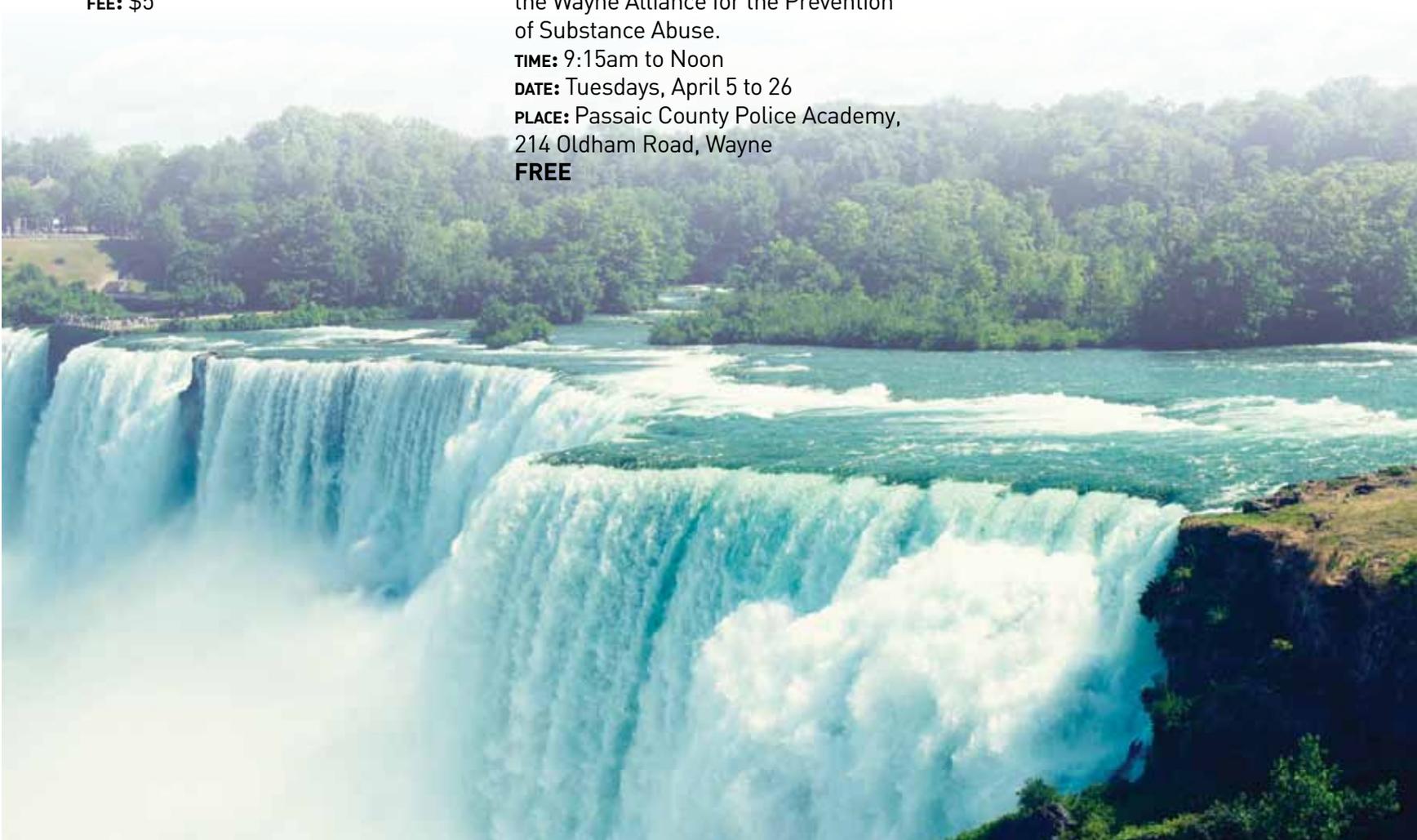
**PRESENTER:** Kevin Woyce

**TIME:** 10:00am

**DATE:** Friday, March 18

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

**FEE:** \$5





## The ABCs of Health Insurance: Cracking the Health Care Code

**C**opays ... deductibles ... referrals ... these terms and others can make your health insurance bill look like the SATs.

Chris Kirk, PhD, director of mission development for Atlantic Health System, knows that deciphering policy documents and commonly used terms in medical insurance can be confusing sometimes.

To help you better navigate your coverage and bills, we've put together a list of commonly used terms in medical insurance. "As we build a *Trusted Network of Caring™* for our community, we hope this tool will be a valuable resource to help patients and caregivers," says Dr. Kirk. Keep the list handy for the next time you get an insurance policy document.

### BASIC TERMS

**Subscriber (enrollee):** the person who buys (or whose employer buys) a health insurance plan.

**Benefits:** the health care items or services covered under your health insurance plan.

**Excluded services:** health care services that

your health insurance plan does not pay for or cover.

### MEDICAL CARE

**Provider:** a person or place that helps you when you're sick, or provides services that help you stay well.

**In-network provider:** the provider your health insurance company works with to provide you with health care services.

**Out-of-network provider:** provider that does not work directly with your insurance company and may charge higher fees for the same services.

**Referral:** a written order from your primary care doctor that allows you to see a specialist or get certain tests done.

### BILLING

**Premium:** how much you pay for health insurance. You usually pay premiums monthly, but you can also pay them every three months or once a year. Premiums are paid regardless of whether you use medical services during that time period or not.

*"As we build a *Trusted Network of Caring™* for our community, we hope this tool will be a valuable resource to help patients and caregivers."*

– Chris Kirk, PhD

**Copay (copayment):** a fixed amount set by your insurance company that you have to pay for a particular service.

**Coinsurance:** coinsurance is similar to a copay but instead of paying a fixed amount, you are responsible for a percentage of the allowed amount for the service.

**Deductible:** the amount you have to pay for your treatment before your health insurance company begins to pay. ▶

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**For more key terms, check out [atlantichealth.org/insurance](http://atlantichealth.org/insurance).**



**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 or register at **chiltonhealth.org/calendar**.
4. If a class is full when we receive your check, your check will be returned, you will be placed on a waiting list, and you will be notified if an opening occurs.
5. The \$5 program fees are non-refundable. If you are unable to attend any of our \$5 classes, please be sure to call us **prior to the date of the program** – and we will issue you a voucher to be used toward any future \$5 class during the current year.
6. Exercise classes are non-refundable without a doctor's note 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 a makeup date cannot be scheduled.

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, 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 Winter 2016

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

## AQUACISE

- MONDAYS AND/OR
- WEDNESDAYS

**FEE: \$72 PER SESSION**

- AQUACISE, LEVEL 2

**FEE: \$72**

- ARTHRITIS AQUATICS PROGRAM

**FEE: \$40**

- ARTHRITIS EXERCISE PROGRAM

**FEE: \$40**

## BETTER BONES – INTERMEDIATE

- TUESDAYS AND/OR
- THURSDAYS

**FEE: \$60 PER SESSION**

- CORE DYNAMIX

**FEE: \$60**

- DANCING THROUGH  
THE DECADES

**FEE: \$48**

- HATHA YOGA

**FEE: \$80**

- MEDITATION FOR MINDFUL  
WELL-BEING

**FEE: \$48**

- MUSCLES IN MOTION (CHILTON)

**FEE: \$60**

- MUSCLES IN MOTION (WAYNE)

**FEE: \$60**

- THE POWER HOUR

**FEE: \$96**

- 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**

- YOGA – BEGINNER

**FEE: \$60**

- YOGA – INTERMEDIATE

**FEE: \$60**

- ZUMBA® GOLD (CHILTON)

**FEE: \$50**

## ZUMBA® GOLD (WAYNE)

- MONDAYS AND/OR
- WEDNESDAYS AND/OR
- FRIDAYS

**FEE: \$72 PER SESSION**

- ABRAHAM LINCOLN  
REMEMBERED: LINCOLN'S 1861  
WHISTLE-STOP TOUR

**FEE: \$5**

- COLON HEALTH UPDATE

**FREE**

- CONGESTIVE HEART FAILURE 101

**FREE**

- HAND SANITIZERS, ANTIBIOTICS  
AND SUPERBUGS – FACT OR  
FICTION?

**FREE**

- HEART-HEALTHY SNACKS

**FEE: \$5**

- LA DIVA TENORS

**FEE: \$20**

- NIAGARA: THE FALLS, THE RIVER

**FEE: \$5**

- READY, GET SET, SPICE IT UP

**FEE: \$5**

- SENIOR POLICE ACADEMY

**FREE**

- SKIN CARE FOR HARSH  
WINTER WEATHER

**FREE**

- THE SKINNY ON SALT

**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.

# Winning the Fight: Breast Cancer Survivor Shares Her Story



Louis and Ellen Contino

**A**t 81 years young, Wayne resident Ellen Contino has more energy than most teenagers. The retired high school guidance counselor is out on the town at least three days a week – playing cards, attending book clubs and participating in other fun activities. That may explain why her fears about breast cancer were more about living than dying.

“I was never afraid of the disease,” she confides. “I just didn’t want to slow down!”

In November of 2014, Contino visited Chilton Medical Center for her annual mammogram, just as she’d done for the last 40 years. This time, however, the screening uncovered an abnormality; she was called back for additional testing.

The results revealed that Contino had multicentric breast cancer. “That means that two different cancers developed independently in different quadrants of the

same breast,” explains Michelle Azu, MD, FACS, director of breast surgery. For this type of breast cancer, national guidelines favor removal of the breast.

“When you’re 80, a lot of things happen, but I never thought I would have to have a mastectomy,” Contino admits. She approached her treatment the same way she approached everything else in life – with gusto.

Due to her general good health, Contino and her physicians developed a comprehensive, personalized plan of care, which included breast surgery, reconstruction and chemotherapy.

“Ellen’s physiologic age is at least a decade younger than her chronological age, which was a factor in her treatment planning,” remarks Michael Kane, MD, FACP, medical director of community oncology for Atlantic Health System.

Supported by an army of family and friends, Contino received all of her therapy at Chilton.

It was the first stop along her cancer journey – as well as the last. This fall, Contino is thrilled and grateful to put breast cancer behind her.

“Chilton has always been there for me and my family,” she says. “Honestly, I never even considered going anywhere else.”

Dr. Kane points out that women are never too old to consider a mammogram. He encourages all women – regardless of age – to discuss the benefits of an annual mammogram with their doctor. As for Contino, her social calendar is back in full swing.

“I feel so fortunate. I’m free once again to do all the things that make me happy ... and it’s just wonderful.” ▶

**To learn about the Breast Center at Chilton Medical Center, call 973-829-7935.**

**Atlantic Health System**

475 South St.  
Morristown, NJ  
07960-6459

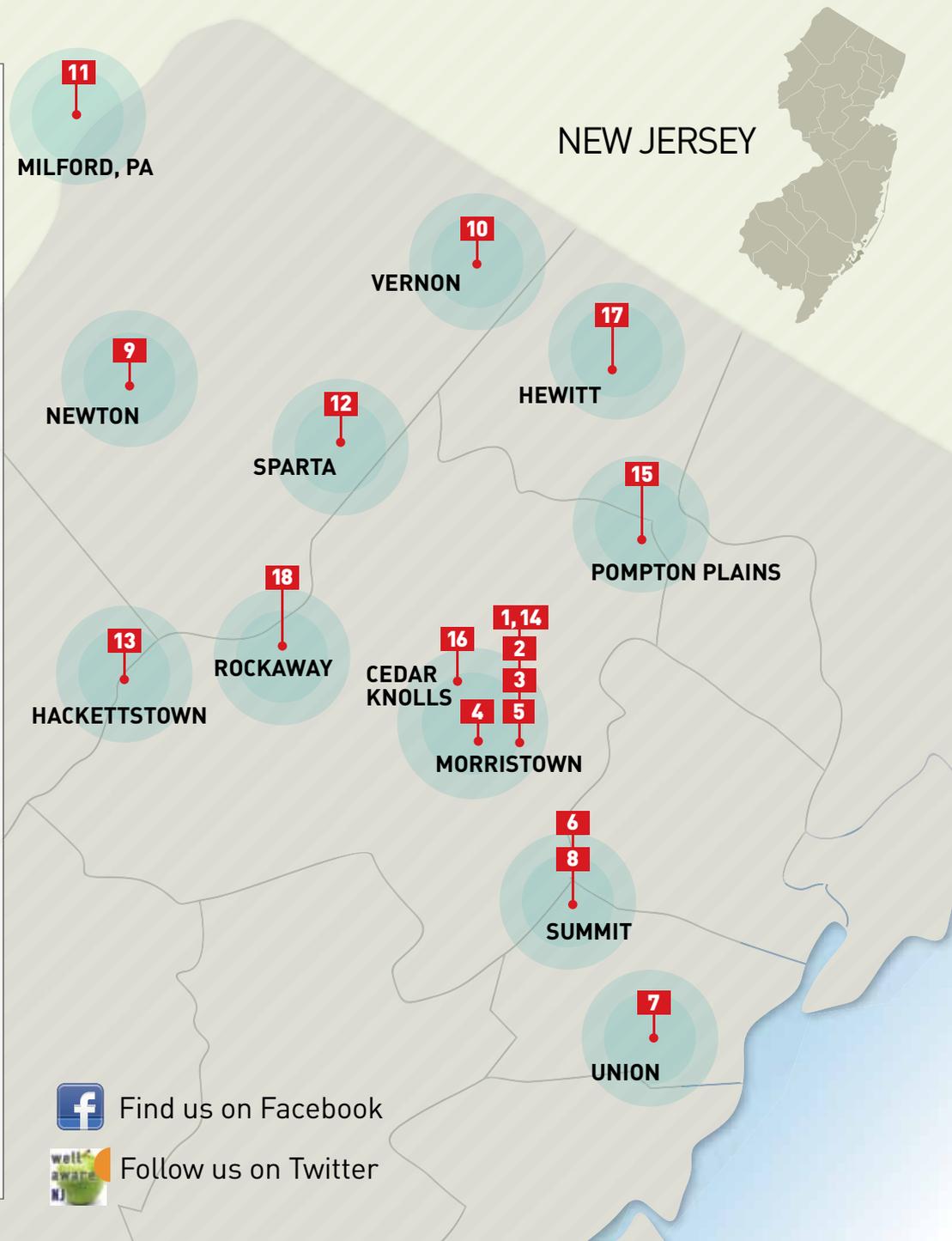
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PERMIT 148  
SARATOGA  
NY 12866

For a referral to  
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> <p><b>2 Outpatient Medicine</b><br/>435 South St.,<br/>Morristown, NJ 07960<br/><b>973-660-3105</b></p> <p><b>3 Atlantic Sports Health</b><br/>111 Madison Ave.,<br/>Morristown, NJ 07960<br/><b>973-971-6898</b></p> <p><b>4 Atlantic Rehabilitation</b><br/>95 Mount Kemble Ave.,<br/>Morristown, NJ 07960<br/><b>973-971-4481</b></p> <p><b>5 Goryeb Children's Hospital</b><br/>100 Madison Ave.,<br/>Morristown, NJ 07960<br/><b>973-971-5000</b></p> <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> <p><b>7 Overlook, Union Campus</b><br/><i>(includes Emergency Services, Overlook Imaging and Outpatient Laboratory Services)</i><br/>1000 Galloping Hill Road, Union, NJ 07083</p> <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> <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> <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> <p><b>12 Sparta Health &amp; Wellness</b><br/>89 Sparta Ave.,<br/>Sparta, NJ 07871<br/><b>973-726-4232</b></p> <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> <p><b>14 Chambers Center for Well Being</b><br/>435 South St.,<br/>Morristown, NJ 07960<br/><b>973-971-6301</b></p> <p><b>15 Chilton Medical Center</b><br/>97 W. Parkway,<br/>Pompton Plains, NJ 07444<br/><b>973-831-5000</b></p> <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> <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> <p><b>18 Morristown Medical Center Health Pavilion</b><br/>333 Mount Hope Ave.,<br/>Rockaway, NJ 07866<br/><b>973-895-6604</b></p> |
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