

REGISTER FOR WINTER'S
new vitality
COMMUNITY CLASSES

well aware 

WINTER
2017

TAKING YOUR HEALTH TO HEART

World-Class
Emergency Services

BACK TO YOUR ROOTS:
Not Your
Garden-Variety Veggies



Chilton
Medical Center
ATLANTIC HEALTH SYSTEM



As 2016 comes to a close, it is natural to look toward 2017 as an opportunity for new beginnings. In this issue of *Well Aware*, we have included informative articles, New Vitality classes and healthy tips that enrich the mind, body and spirit.

I'm proud to share the role that Chilton Medical Center's emergency services play in early stroke intervention. Paramedics can consult virtually with a neurologist in the ambulance to evaluate a patient's condition, even before they arrive at the emergency department. Time is of the essence when it comes to stroke, and we are helping to speed up treatment and save brain function.

Chilton has also introduced a program designed for patients with advanced heart failure: the Heart Success Program. Our specialized team of nurse practitioners, nurses, dietitians, social workers and pharmacists, working with heart failure-certified physicians, help patients manage their symptoms and maintain a healthy lifestyle.

As always, I invite you to view our quarterly calendar and participate in the extraordinary programs and services we offer to keep you fit and active throughout the season.

On behalf of the health care team at Chilton Medical Center, we wish you and your loved ones a Happy New Year.

Stephanie Bloom Schwartz
President, Chilton Medical Center

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



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



Atlantic Health System is one of the largest nonprofit health care systems in New Jersey, comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown

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

OFFICIAL HEALTH CARE PARTNER



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NEW HEALTH CARE AWARDS FOR CHILTON MEDICAL CENTER

U.S. News & World Report has recognized Atlantic Health System's commitment to quality health care again. Chilton Medical Center has been recognized as a High-Performing Hospital in chronic obstructive pulmonary disease (COPD) and heart failure for 2016-2017.

The *U.S. News & World Report* analysis of hospitals includes data from nearly 5,000 centers across multiple clinical specialties, procedures and conditions. They considered patient outcome, nurse staffing and other care-related factors in the final scores.

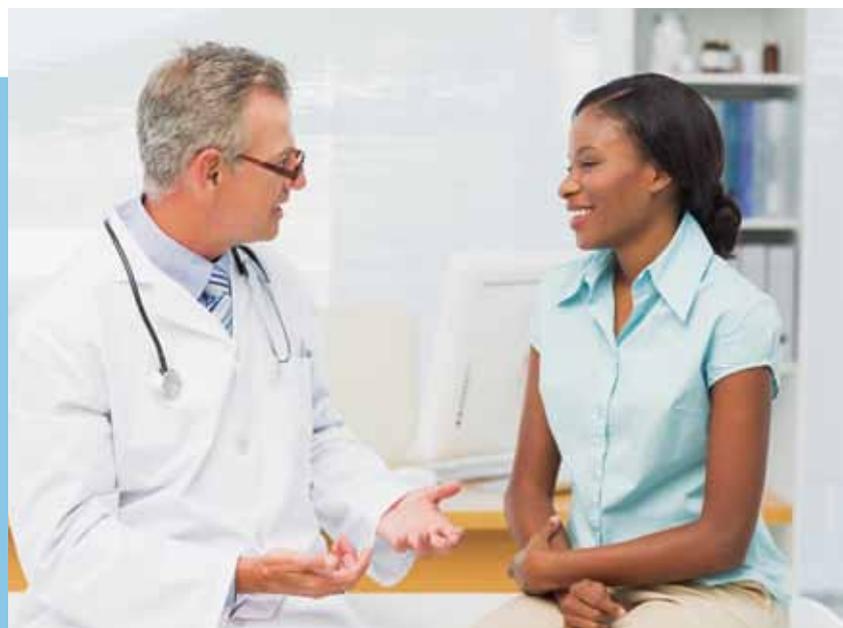
Breast Cancer:

THE POWER OF A SECOND OPINION

No one cares more about your health than you. That's why it is so important to be your own health care advocate – to fully understand your diagnosis and consider all possible treatments, especially when you're facing a complex disease like breast cancer.

Atlantic Health System created its Breast Cancer Second Opinion Program with that goal in mind. The Breast Cancer Second Opinion Program is designed to educate and empower each patient to take the next step in her breast cancer journey, whether that patient is newly diagnosed, facing a recurrence or entering another phase of treatment.

With a single phone call, patients are connected to an entire team of breast cancer specialists: pathologists, radiologists, breast surgeons, plastic surgeons, medical oncologists, radiation oncologists, genetic counselors and a breast nurse navigator.



The Breast Cancer Second Opinion Program offers more than a medical consultation. Quite frequently, it provides the reassurance and peace of mind that comes with research, education and taking control of your cancer care.

To schedule an appointment with the Breast Cancer Second Opinion Program, call 908-522-6210.

Taking Your Health to Heart

Specialized Program Offers Comprehensive Cardiac Care



Heat failure is a growing public health challenge worldwide. Nearly six million individuals are currently living with heart failure, and one in five Americans will develop it over the course of their lifetime.

It's a serious condition, and usually there's no cure. A normal healthy heart can pump blood to the body to meet even strenuous demands. Circulating blood carries oxygen and nutrients to the tissues, and removes waste products. A weakened heart muscle has difficulty performing this task, which leads to fluid (water) back-up in the lungs and other parts of the body such as the feet, ankles, legs, hands and abdomen.

Fluid retention then makes pumping even more difficult. The body needs blood constantly pumped through it, carrying oxygen and other nutrients to bones, nerves and organs. With heart failure, the weakened heart can't supply the cells with enough blood. This results in fatigue and shortness of breath and some people have coughing.

The good news is that many of the heart failure hospitalizations that occur each year can be prevented with early evaluation and care.

Chilton Medical Center is taking a positive approach to heart failure by offering The Heart Success Program, a comprehensive inpatient and outpatient program designed to provide specialized heart care for patients with advanced heart failure, cardiomyopathies and pulmonary hypertension. It provides a specialized team of nurse practitioners, nurses, dietitians, social workers and pharmacists with oversight by heart failure certified physicians.

Heart patients receive intensive education focusing on techniques for self-care management, telemanagement, access to cutting-edge research and state-of-the-art diagnostic testing.

The Heart Success Program at Chilton Medical Center is available to anyone diagnosed with heart failure. The program offers education on medications and nutrition, working in collaboration with a patient's doctor.

For more information, please call 973-831-5466.



World-Class Emergency Services



A Q&A with
Stephanie Bloom
Schwartz, President of
Chilton Medical Center

Q Why is Chilton Medical Center regarded as a hospital with superior emergency services?

As a member of Atlantic Health System, Chilton Medical Center provides expert emergency care 24/7, as well as ready access to the full breadth of advanced services offered by the region's top hospitals, Morristown and Overlook medical centers and Goryeb Children's Hospital.

Our emergency services have been a regional leader in rapid intervention for stroke patients. This is critical since, when it comes to stroke, time can literally mean the difference between life and death.

Q How is Chilton Medical Center leading the way in advanced stroke care?

When called to a stroke emergency, paramedics serving the Chilton community carry a two-way, video-equipped portable device into the transporting ambulance, connecting the patient with a stroke neurologist through the Atlantic Neuroscience Institute at Overlook Medical Center.

The teleneurologist is able to conduct a rapid neurological evaluation before the patient even arrives at Chilton's emergency room. This process can reduce the time it takes to treat the stroke by up to 15 minutes, estimated to save approximately 30 million brain cells.

Q What is the benefit of Chilton partnering with Atlantic Neuroscience Institute?

Chilton's own excellent neurologists work seamlessly with Atlantic Neuroscience Institute's expert subspecialists to provide state-of-the-art diagnosis and treatment of the full range of neurological diseases, including stroke, brain aneurysms, brain tumors, epilepsy, neuromuscular disease, multiple sclerosis, Parkinson's and spine disorders.

This offers Chilton patients access to a full range of advanced services, including clinical research and ongoing education regarding the signs, symptoms and treatment of neurological disorders.

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 9 to March 30

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

FEE: \$48 for all eight weeks

ARTHRITIS EXERCISE PROGRAM (Joint-Friendly)

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

TIME: 1:30 to 2:15pm

OR

TIME: 2:30 to 3:15pm

DATE: Mondays, February 6 to March 27

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 17 to March 21

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, January 30 to March 20

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$64 for all eight 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 26 to March 30

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$50 for all 10 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 26 to March 30

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$50 for all 10 weeks

YOGA – BEGINNER

Bring a small blanket and a mat for the floor.

TIME: 11:30am to 12:30pm

DATE: Tuesdays, January 24 to March 28

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$50 for all 10 weeks

YOGA – INTERMEDIATE

Bring three yoga blankets and a mat. Participants must complete at least two beginner sessions prior to taking this intermediate class.

TIME: 10:00 to 11:00am

LEARNING @ YOUR LEISURE

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

FREE SLEEP HEALTH SCREENINGS

Visit chiltonhealth.org.

PULMONARY REHABILITATION PROGRAM

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

SMOKING CESSATION PROGRAM

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

DIABETES SELF-MANAGEMENT EDUCATION PROGRAM

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



DATE: Tuesdays, January 24 to March 28
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, January 23 to March 27

AND/OR

DATE: Wednesdays, January 25 to March 29

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

FEE: \$60 for each 10-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 25 to March 29

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

FEE: \$60 for all 10 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 24 to March 28

AND/OR

DATE: Thursdays, January 26 to March 30

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. Bring a mat and 2- to 3-pound weights.

TIME: 5:30 to 6:15pm

DATE: Tuesdays, January 24 to March 28

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$50 for all 10 weeks

DANCING THROUGH THE DECADES

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

TIME: 5:45 to 6:45pm

DATE: Thursdays, February 2 to March 23

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$64 for all eight weeks

LITE & FIT

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

TIME: 2:00 to 3:00pm

DATE: Tuesdays, January 24 to March 28

AND/OR

DATE: Thursdays, January 26 to March 30

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$50 for each 10-week session

MUSCLES IN MOTION – TWO LOCATIONS

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

TIME: 4:30 to 5:30pm

DATE: Mondays, January 23 to March 27

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$50 for all 10 weeks

AND/OR

TIME: 11:30am to 12:30pm

DATE: Thursdays, January 26 to March 30

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 set of handheld weights and a mat.

TIME: 5:30 to 6:30pm

DATE: Wednesdays, January 25 to March 29

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$80 for all 10 weeks

EXERCISE

ZUMBA® GOLD

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

TIME: 1:00 to 1:45pm

DATE: Mondays, January 23 to March 27

AND/OR

TIME: 10:00 to 10:45am

DATE: Wednesdays, January 25 to March 29

AND/OR

TIME: 10:00 to 10:45am

DATE: Fridays, January 27 to March 31

PLACE: Wayne Presbyterian Church, 1200 Alps Road, Wayne

FEE: \$60 for each 10-week session



bands or shoe sliders to pivot safely on carpeted floors.

TIME: 1:00 to 1:45 pm

DATE: Thursdays, January 26 to March 30

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$50 for all 10 weeks

ZUMBA® TONING

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

TIME: 7:00 to 8:00pm

DATE: Wednesdays, January 18 to March 22

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$80 for all 10 weeks

ZUMBA® GOLD AT CHILTON

For Chilton's location, instructors suggest that participants use slip-on

Healthy Communities



Chilton Medical Center partners with many of your local health departments to provide important community health services. For information about upcoming health-related screenings, programs and events, call your town or visit your town's website.

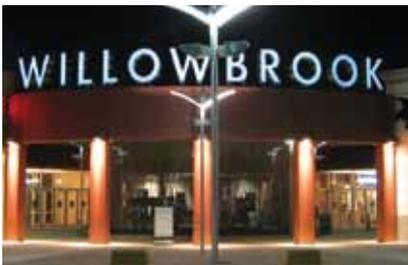
POMPTON LAKES
973-835-0143, ext. 225
pomptonlakesgov.com

RINGWOOD
973-962-7079
ringwoodnj.net

WANAQUE
973-839-3000, ext. 7122 or 7124
wanaqueborough.com

WAYNE
973-694-1800, ext. 3241
waynetownship.com

WEST MILFORD
973-728-2725
westmilford.org



FREE MALL WALKER PROGRAM

Participants may walk from:

TIME/DATE: 7:00 to 10:00am, Monday

through Saturday; 9:00 to 11:00am, Sunday

PLACE: Willowbrook Mall, Wayne

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.

NEW PROGRAM *walk with a DOC*

Chilton Medical Center is proud to present the nationally-recognized Walk with a Doc program in our community. Each month, participants will have the opportunity to get active and learn timely health information while walking side-by-side with a physician from the Chilton community. In this low-stress and encouraging environment, our community members and physicians will be learning and exercising together. The program kick-off will be in March. Please call 973-831-5475 to register and get more information. This program is funded in part by a generous grant from Coverys Community Healthcare Foundation.

SUPPORT GROUPS

Alzheimer's Disease Caregivers

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

Arthritis Support Group:

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

Bereavement Support Group:

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

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

Diabetes Education and Support Group:

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

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.

HEALTH EDUCATION

IS YOUR BLOOD PRESSURE UNDER CONTROL?

Do you have hypertension, or has your blood pressure been higher than what is considered normal lately? Join us to have a better understanding of your blood pressure level, the steps you can take to help better manage your blood pressure, and the importance of keeping your blood pressure under control.

PRESENTER: Ravi Rathi, MD

TIME: 7:00pm

DATE: Thursday, January 19

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 information and to make an appointment, call 973-831-5475.

TIME: 8:30 to 10:30am

DATE: Tuesday, February 21

PLACE: Atlantic Rehabilitation, 242 West Parkway, Pompton Plains

FEE: \$25

LIFESTYLE CHANGES TO PROTECT YOUR HEART

While risk factors for heart disease are strongly linked to genetics, there are lifestyle changes such as healthy eating, physical exercise and not smoking that can have an equally important positive impact. Learn what you can do to protect your heart and lower

your risk factors whether or not you have a family history of heart disease. Llanfair House Care & Rehabilitation Center will provide healthy refreshments.

PRESENTER: Ravi Rathi, MD

TIME: 1:00pm

DATE: Wednesday, February 22

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 learn 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. Lakeland Health Care Center will provide a light, healthy breakfast.

PRESENTER: Joshua Nochumson, MD

TIME: 10:00am

DATE: Wednesday, March 22

PLACE: Chilton Medical Center, Collins Pavilion

FREE

KEEP YOUR COLON HEALTHY

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

PRESENTER: Jon D. Green, MD

TIME: 7:00pm

DATE: Thursday, April 13

PLACE: Chilton Medical Center, Collins Pavilion

FREE

NUTRITION

NUTRITION FOR DIGESTIVE HEALTH

Sometimes it may seem like your stomach did not agree with the food you decided to eat. Let a registered dietitian teach you how to make the right choices to ease your symptoms, ensure you're getting the right amount of fiber, and improve your digestive health.

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

TIME: 7:00pm

DATE: Monday, January 23

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$5

CHOCOLATE: GOOD FOR THE MIND, BODY AND SPIRIT

Valentine's Day is right around the corner. Stop by Gary's Wine after a long day for a glass of wine and a sampling of delicious Enjou chocolates ... and it's good for you. Involve all five of your senses while also learning about the health benefits.



PRESENTER: Wendy Taffet, Chocolatier, Enjou Chocolat

TIME: 5:30pm

DATE: Thursday, February 9

PLACE: Gary's Wine & Marketplace, 1308 Route 23 North, Wayne

FEE: \$5



EAT TO PROTECT YOUR HEART

A healthy diet and lifestyle are your best weapons against cardiovascular disease. Join us for American Heart Month to learn simple lifestyle changes for long-term benefits to your health and your heart. Sampling and recipes included.

PRESENTER: Danielle Colombo, RD, ShopRite of Lincoln Park

TIME: 10:00am

DATE: Friday, February 10

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$5

MEATLESS MONDAY

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

PRESENTER: Tara Bonanno, MPH, RD, ShopRite of Oakland

TIME: 7:00pm

DATE: Monday, April 10

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$5

LIFE ENRICHMENT

AN HONEST LOOK AT ABE: LINCOLN AT THE DAWN OF THE PHOTOGRAPHIC ERA

What was it that made Abe Lincoln – a president self-described as “tousled” – such a popular subject for photographers? In this lecture, we will view and discuss images of the man, his times, and the evolution of press and celebrity photography.

PRESENTER: Jim DelGiudice,
The Judgson Lecture Series

TIME: 10:00am

DATE: Friday, February 17

PLACE: Chilton Medical Center,
Collins Pavilion

FEE: \$5

THE HEALING ART OF WRITING

Writing is an easy way to communicate with your deepest self and can be a health benefit in any phase of life. Writing can reduce stress and scatter in your life, help you work through problems more effectively, heal troubled memories to let go of the past, and release pent-up stress and emotions. In this four-week workshop, allow the creative process to work its magic in a safe and supportive environment as we explore aspects of finding our own style and voice. Course is limited to 10 participants.

PRESENTER: Dianne Herald-DiMella

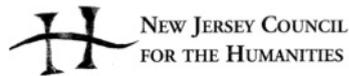
TIME: 11:00am to 12:30pm

DATE: Mondays, March 6 to 27

PLACE: Atlantic Rehabilitation,
242 West Parkway, Pompton Plains

FEE: \$10 for all four weeks

CLARA BARTON: ANGEL OF THE BATTLEFIELD



Clara Barton was a woman ahead of her time. In 1852, she founded one of the first free public schools in New Jersey. During the American Civil War, she headed for the front lines, taking supplies to wounded soldiers and earning the title “Angel of the Battlefield.” She later became a passionate supporter of the International Red Cross and established the first chapter of the American Red Cross. Barton’s example of indomitable strength, dogged determination and boundless good will is a model for all Americans. 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: Pat Jordan of the American
Historical Theatre

TIME: 1:00pm

DATE: Wednesday, March 29

PLACE: Chilton Medical Center,
Collins Pavilion

FREE



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 covered: 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, April 4 to 25

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

FREE

BROOKLYN BASEBALL: BEFORE AND WITH JACKIE ROBINSON

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

PRESENTER: Peter Laskowich

TIME: 10:00am

DATE: Wednesday, April 5

PLACE: Chilton Medical Center,
Collins Pavilion

FEE: \$5



Photo by Bob Sandberg, Look photographer Restoration by Adam Cuerden [Public domain], via Wikimedia Commons

ANNUAL MAY EVENT



EVERYTHING EVERLY

THE GUTHRIE BROTHERS SING THE BEST OF THE EVERLY BROTHERS

The Guthrie Brothers share a lot of history with The Everly Brothers. Like their idols Don and Phil, Jeb and Jock have Kentucky roots, grew up in the Midwest and discovered their perfect singing harmonies at an early age. "Everything Everly" is a labor of love for the Guthries. Jeb and Jock play and sing this tribute, performing such hits as "Bye Bye Love," "Wake Up Little Susie" and the beautiful ballad, "All I Have to Do Is Dream." These classics are performed with startling authenticity, as the Guthrie Brothers engage the audience with lots of humor and history along the way. Please join us for this unforgettable musical event.

TIME: 7:00pm

DATE: Thursday, May 11

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

FEE: \$20

FOUNDATION EVENTS

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

Annual Wine Event

DATE: Friday, April 28

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

33rd Annual Chilton Golf Classic

DATE: Monday, June 19

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

AUXILIARY EVENT



A Night at the Theatre

The Chilton Medical Center Auxiliary is hosting a benefit performance of "Unnecessary Farce" (a comedy). Boiling Springs Savings Bank is underwriting this event, and proceeds will benefit Chilton Medical Center ICU and CICU. For ticketing information, contact the Auxiliary office at 973-831-5345.

TIME: 8:00pm (light refreshments will be served before the show at 7:00pm)

DATE: Friday, March 24

PLACE: The Barn Theatre, 32 Skyline Drive, Montville

FEE: \$40



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

TO REGISTER FOR ALL CLASSES:

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

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

3. If you are registering for other people, please list their addresses and telephone numbers as well. If you are only registering for FREE classes, call the **New Vitality office** at 973-831-5367.
 4. If a class is full when we receive your check, your check will be returned and you will be placed on a waiting list and notified if an opening occurs.
 5. The \$5 program fees are non-refundable. If you are unable to attend any of our \$5 classes, please be sure to call us **prior to the date of the program** and we will issue you a voucher to be used toward any future \$5 class during the current year.
 6. Exercise classes are 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 cancelled class, but reserves the right not to refund the class if a makeup date cannot be scheduled.
- To view the New Vitality calendar of events or to fill out a membership application, visit atlantichealth.org/newvitality.

Name(s) _____

Address(es) _____ City/State/ZIP _____

Daytime Phone _____ Cellphone _____

Email Address _____ Total Enclosed \$ _____

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

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

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

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

Witness _____

Signature of Participant _____ Date _____



Registration Form Winter 2017

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

AQUACISE, LEVEL 1 (Joint-Friendly)

Mondays *AND/OR*

Wednesdays

FEE: \$60 per session

AQUACISE, LEVEL 2 (Joint-Friendly)

FEE: \$60

ARTHRITIS AQUATICS PROGRAM

(Joint-Friendly)

FEE: \$48

ARTHRITIS EXERCISE PROGRAM

(Joint-Friendly)

1:30pm *OR* (check one)

2:30pm

FEE: \$40

BETTER BONES – INTERMEDIATE

Tuesdays *AND/OR*

Thursdays

FEE: \$60 per session

CORE DYNAMIX

FEE: \$50

DANCING THROUGH THE DECADES

FEE: \$64

HATHA YOGA

FEE: \$80

LITE & FIT

Tuesdays *AND/OR*

Thursdays

FEE: \$50 per session

MEDITATION FOR MINDFUL WELL-BEING

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

(Joint-Friendly)

FEE: \$50

T'AI CHI CHIH® – INTERMEDIATE

(Joint-Friendly)

10:45am *OR* (check one)

11:45am

FEE: \$50

YOGA – BEGINNER

FEE: \$50

YOGA – INTERMEDIATE

FEE: \$50

ZUMBA® GOLD (Chilton)

FEE: \$50

ZUMBA® GOLD (Wayne)

Mondays *AND/OR*

Wednesdays *AND/OR*

Fridays

FEE: \$60 per session

ZUMBA® TONING (Chilton)

FEE: \$80

BROOKLYN BASEBALL: BEFORE AND WITH JACKIE ROBINSON

FEE: \$5

CHOCOLATE: GOOD FOR THE MIND, BODY AND SPIRIT

FEE: \$5

CLARA BARTON: ANGEL OF THE BATTLEFIELD

FREE

COLON HEALTH UPDATE

FREE

EAT TO PROTECT YOUR HEART

FEE: \$5

EVERYTHING EVERLY

FEE: \$20

IS YOUR BLOOD PRESSURE UNDER CONTROL?

FREE

THE HEALING ART OF WRITING

FEE: \$10

HEART HEALTH SCREENING

FEE: \$25

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

AN HONEST LOOK AT ABE: LINCOLN AT THE DAWN OF THE PHOTOGRAPHIC ERA

FEE: \$5

KEEP YOUR COLON HEALTHY

FREE

LIFESTYLE CHANGES TO PROTECT YOUR HEART

FREE

MEATLESS MONDAY

FEE: \$5

NUTRITION FOR DIGESTIVE HEALTH

FEE: \$5

SENIOR POLICE ACADEMY

FREE

Back to Your Roots

Not Your Garden-Variety Veggies

With winter here, odds are that you've seen root vegetables pop up more and more at your local grocery store or market. After all, they are hard to miss – root vegetables are not exactly the most visually appealing. Consumers who get past their looks, however, will be rewarded with a hefty nutrient profile.

"Although they can be ugly, these vegetables are full of nutrition and can be used in a variety of ways – they're very versatile," says Mary Finckenor, registered dietitian for Morristown Medical Center. "And their flavors change depending on how you cook them. They could become sweeter or more savory."

A WEALTH OF POSSIBILITIES

Carrots and potatoes are some of the more common root vegetables, but Finckenor notes that other ones like beets, turnips and rutabagas deserve the spotlight as well. "They are all rich in vitamins, and you can get really creative in recipes," she says. "You can roast them, grill

them, make them into a puree ... there's so much you can do."

According to Sabrina Lombardi, clinical nutrition coordinator of Food and Nutrition Services for Newton Medical Center, one of the big benefits of root vegetables is bulk. Root vegetables can contain a lot of fiber, which helps with satiety.

"Because of their bulk, they can fill you up fast," Lombardi says. "This can help you avoid overeating and curb unhealthy snacking."

HANDLE WITH CARE

Since these vegetables can look rough around the edges, picking out the best ones at your local vendor might not seem like an easy feat. Rest assured, though, that the methods you use for checking other vegetables apply here.

"You want to make sure they're free of any bruises or soft spots and avoid anything that is shriveled up," says Jane DeWitt, registered dietitian for Hackettstown Medical Center.



Root vegetables are also easy to store, according to DeWitt. They have a longer shelf life than their peers. Storing them in a cool, dark space, such as a bag, and not leaving them out on a counter is a good idea.

"Under the right conditions, they can last you months," she says. "They're great vegetables." ▶

Roasted Root Vegetables

Ingredients

- 1 cup diced raw beets
- 4 diced carrots
- 1 diced onion
- 2 cups diced potatoes
- 4 minced cloves of garlic
- ¼ cup canned garbanzo beans, drained

2 tablespoons olive oil

1 tablespoon dried thyme leaves

Salt and pepper to taste

⅓ cup dry white wine

1 cup torn beet greens

Directions

1. Preheat oven to 400°F (200°C).
2. Place the beets, carrots, onion, potatoes, garlic and garbanzo beans into a 9x13 baking dish and drizzle with the olive oil; season with thyme, salt and pepper (use sparingly). Mix well.
3. Bake, uncovered for 30 minutes; stir midway.
4. After 30 minutes, remove baking dish and stir in wine. Return to oven and cook until the wine is mostly evaporated and the vegetables are tender. Then stir in beet greens and allow them to wilt from the heat of the vegetables. Serve.

Recipe provided by Christina Lavner, RD, Oncology Services, Chilton Medical Center

Atlantic Health System

475 South St.
Morristown, NJ
07960-6459

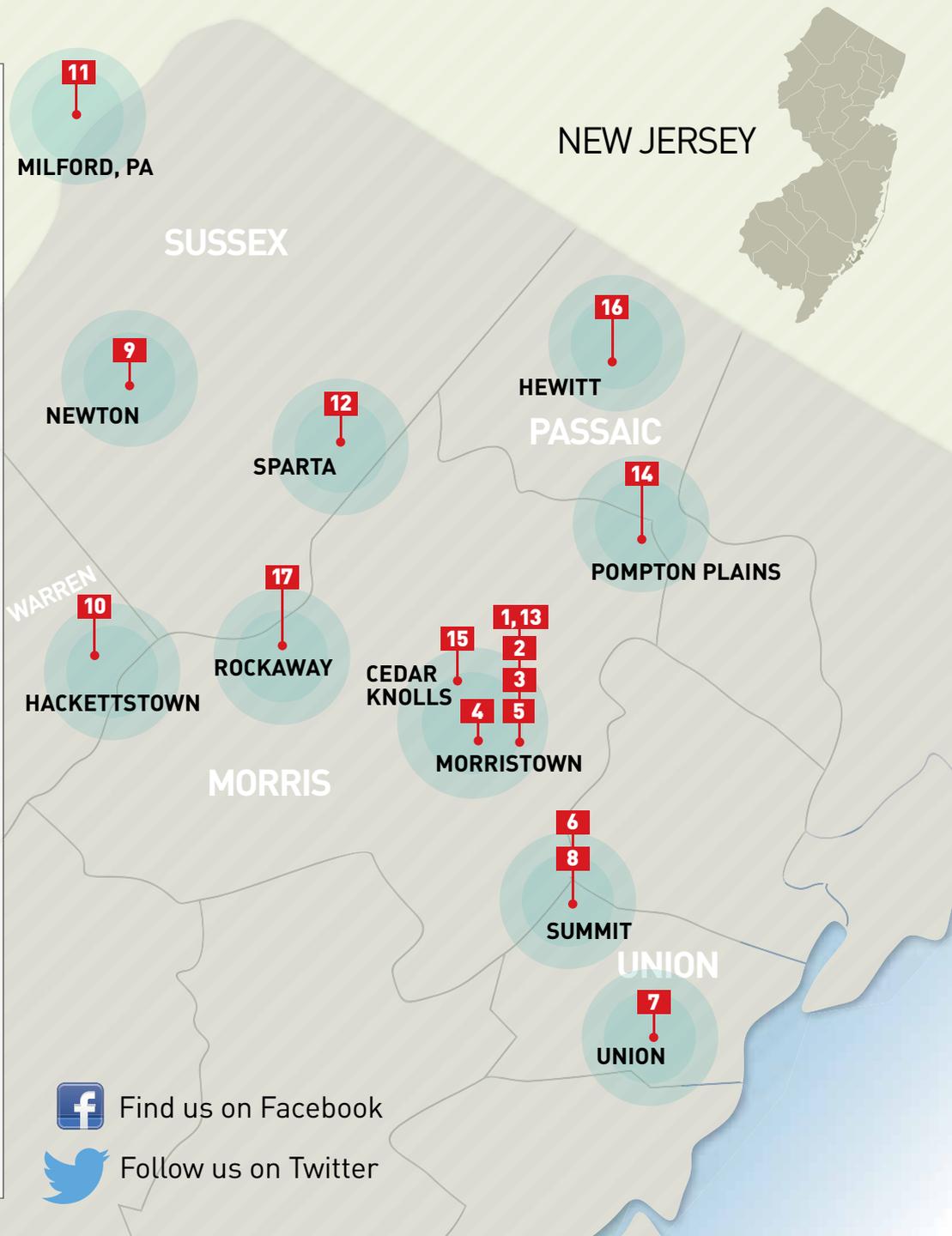
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an Atlantic Health System
doctor, call 1-800-247-9580
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Atlantic Health System **Main Locations**

- | | |
|---|--|
| <p>1 Morristown Medical Center
<i>(includes Carol G. Simon Cancer Center and Gagnon Cardiovascular Institute)</i>
100 Madison Ave.,
Morristown, NJ 07960
973-971-5000</p> <hr/> <p>2 Outpatient Medicine
<i>(includes Atlantic Medical Group multispecialty medical care, lab and radiology)</i>
435 South St.,
Morristown, NJ 07960
973-660-3105</p> <hr/> <p>3 Atlantic Sports Health
111 Madison Ave.,
Morristown, NJ 07960
973-971-6898</p> <hr/> <p>4 Atlantic Rehabilitation
95 Mount Kemble Ave.,
Morristown, NJ 07960
973-971-4481</p> <hr/> <p>5 Goryeb Children's Hospital
100 Madison Ave.,
Morristown, NJ 07960
973-971-5000</p> <hr/> <p>6 Overlook Medical Center
<i>(includes Atlantic Neuroscience Institute, Carol G. Simon Cancer Center and Goryeb Children's Center)</i>
99 Beauvoir Ave.,
Summit, NJ 07901
908-522-2000</p> <hr/> <p>7 Overlook, Union Campus
<i>(includes Emergency Services, Overlook Imaging and Outpatient Laboratory Services)</i>
1000 Galloping Hill Road,
Union, NJ 07083</p> <hr/> <p>8 Overlook Downtown
<i>(includes Center for Well Being – Atlantic Integrative Medicine and Overlook Medical Center Community Health)</i>
357 Springfield Ave.,
Summit, NJ 07901
908-598-7997</p> | <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 Chambers Center for Well Being
435 South St.,
Morristown, NJ 07960
973-971-6301</p> <hr/> <p>14 Chilton Medical Center
97 W. Parkway,
Pompton Plains, NJ 07444
973-831-5000</p> <hr/> <p>15 Medical Institute of New Jersey
11 Saddle Road,
Cedar Knolls, NJ 07927
973-267-2122</p> <hr/> <p>16 Chilton Ambulatory Care Center
<i>(includes Chilton Imaging and Outpatient Laboratory Services)</i>
1900 Union Valley Road,
Hewitt, NJ 07421
1-855-862-2778</p> <hr/> <p>17 Morristown Medical Center Health Pavilion
<i>(includes Atlantic Medical Group multispecialty medical care, walk-in services, lab and radiology)</i>
333 Mount Hope Ave.,
Rockaway, NJ 07866
973-895-6604</p> |
|---|--|



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