WINTER 2017

well aware

REGISTER FOR WINTER’S NEW VITALITY COMMUNITY CLASSES

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

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.

Disclaimer: The information contained within this magazine and website is not intended as a substitute for professional medical advice, for which your physician is your best choice. The information in the articles, on the website or on the sites to which it links should not be used as the basis for diagnosing or treating any medical condition. Reproduction of *Well Aware* in whole or in part without written permission from the publisher is prohibited. Copyright ©2017. All rights reserved.
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.
Heart 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

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.

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.

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.
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

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
**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:** Wayne Presbyterian Church, 1200 Alps Road, Wayne  
**FEE:** $60 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
preregistration required for all programs

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

**ZUMBA® GOLD AT CHILTON**
For Chilton’s location, instructors suggest that participants use slip-on bands or shoe sliders to pivot safely on carpeted floors.
**TIME:** 1:00 to 1:45 pm
**DATE:** Thursdays, 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

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
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.

PRESIDENT: 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.

PRESIDENT: 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 about 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.

PRESIDENT: 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.

PRESIDENT: Jon D. Green, MD
TIME: 7:00pm
DATE: Thursday, April 13
PLACE: Chilton Medical Center, Collins Pavilion
FREE
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
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
FEE: 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

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
FEE: FREE

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

ANNUAL MAY EVENT

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
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)

Daytime Phone

Email Address

City/State/ZIP

Cellphone

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
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<thead>
<tr>
<th>Class</th>
<th>Days</th>
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<tbody>
<tr>
<td>AQUACISE, LEVEL 1 (Joint-Friendly)</td>
<td>Mondays AND/OR</td>
<td>$60 per session</td>
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<td>Wednesdays</td>
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<td>HEART HEALTH SCREENING</td>
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<td>(Call 973-831-5475 for your appointment.)</td>
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<td>AN HONEST LOOK AT ABE: LINCOLN AT THE DAWN OF THE PHOTOGRAPHIC ERA</td>
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*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.*
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
- ½ cup canned garbanzo beans, drained
- 2 tablespoons olive oil
- 1 tablespoon dried thyme leaves
- Salt and pepper to taste
- ½ 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

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