well aware

MUSIC THERAPY HEALS

See How Good You Can Feel at the Chambers Center for Well Being

Genetic Testing Reveals Solutions
DEAR FRIENDS,
It’s time to put away your surfboards and floaties and start thinking about fall. Autumn is a time when we pause to reflect about the change of seasons, so we’ve put together an issue of Well Aware that presents some innovative approaches to health and well-being, including features on genetic testing and music therapy.

We are also proud to announce the opening of our Chambers Center for Well Being at its new location in Morristown. Finally, because we’ve been a part of so many families over the years, there’s a special article about four generations of Newton babies born into one family.

Enjoy our magazine when you’re not busy raking up leaves — or jumping into them.

Joseph A. Trunfio
President and CEO
Atlantic Health System

Talk to us
Tell us what you want to read about in Well Aware. Email us at well.aware@atlantichealth.org. Or write us at Atlantic Health System, Attn: Well Aware, P.O. Box 1905, Morristown, NJ 07962.

Visit our blog
Well Aware — Your Way provides an open forum for patients, employees and friends of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center and Goryeb Children’s Hospital to foster a discussion about issues related to hospital experiences and current health topics. Check us out at atlantichealthblog.org.

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.

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For additional information, visit atlantichealth.org.

Follow us on Facebook:
/MorristownMedicalCenterNJ
/NewtonMedicalCenterNJ
/OverlookMedicalCenterNJ
/ChiltonHealth
/GoryebChildrensHospitalNJ

Follow us on Twitter for health and wellness tips at @WellAwarenJ.

Atlantic Health System is one of the largest nonprofit health care systems in New Jersey, comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center and Goryeb Children’s Hospital. The five medical facilities have a combined total of 1,599 licensed beds and more than 3,700 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children’s Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in their respective fields.

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NEW Breast Imaging Center Opens at Morristown Medical Center

Morristown Medical Center proudly debuts its breast imaging center this fall. Conveniently located at Morristown’s 435 South Street location, this beautiful spa-like breast center offers easy access for all your breast screening needs and seamless coordination with Carol W. and Julius A. Rippel Breast Center for patients who need further diagnostic testing and/or biopsy. The new center offers:

- Digital mammography and tomosynthesis (3D mammography) — to detect smaller and earlier stage cancers
- Screening breast ultrasound with ABUS (automated breast ultrasound) — especially useful for women with dense breasts
- Patient library and education center — to keep women informed

Board-certified radiologists conduct precision breast imaging in a relaxing setting. Results will be delivered in two days with a follow-up phone call. Extended hours and streamlined scheduling also bring efficiency to the experience, and parking is accessible and free.

Beyond breast health, the center also offers both women and men bone density scans via DEXA technology — a bonus for men, who often mistakenly think that osteoporosis is only a women’s health issue.

“We’re extremely excited to bring women technologically advanced breast imaging services in such a beautiful setting,” comments Paul Friedman, DO, medical director. “It’s just one more way that Morristown Medical Center is expanding access to exceptional health care and integrating it into people’s daily lives.”

Call us at 973-971-5321.
In 2001, the Human Genome Project revealed the blueprint of our roughly 20,500 genes. In the years since, stunning advances in testing have allowed physicians to turn that data into actionable information, with results. Genetic tests can now reveal a person’s cancer risk in time to make treatment decisions. They can also give doctors vital insights into the best drugs to prescribe to a particular patient.

But there are still some misconceptions about genetics that prevent people from being tested, notes Darius J. Adams, MD, clinical geneticist and director of the Jacobs Levy Equity Management Personalized Genomic Medicine Program, with locations at Morristown Medical Center and Overlook Medical Center.

“Some people fear that if you get tested and the results show a genetic change, you won’t be able to get health coverage,” Dr. Adams says. “The reality is that laws have been passed to protect individuals from being declined health insurance coverage, whatever the results of the testing may be.”

LOCAL SUCCESSES

Another hurdle for some people: the feeling that testing reveals problems — but no solutions. That’s simply not true, says Dr. Adams. “There is a growing field known as ‘interventional genetics,’” he explains. “There are things we can do to correct or treat underlying genetic abnormalities directly.”

Elaine Macri has a rare condition known as Morquio syndrome [MPS IV], one of a group of diseases known as lysosomal storage disorders. “What happens is that waste products build up inside the body and there is no way to get them out,” says Dr. Adams. Macri first had symptoms at age four; now, at age 68, she is the oldest known person with Morquio syndrome in the United States.

She is also among the first in New Jersey to receive a new treatment known as Vimizim. It replaces an enzyme that is missing in people with Morquio, allowing the body to flush away waste products. This is the first time Macri has had any specific treatment for her condition, which causes a wide range of problems, including bone changes, short stature, cardiomyopathy and chronic pain. “They treat me like a princess during my weekly infusion treatments at the Personalized Genomic Medicine Program,” says Macri. “Everyone in the program has been so good to me.”

SPECIAL FOCUS ON EARLY DETECTION

Because of advances in genetic testing and treatment, the state of New Jersey is expanding its newborn screening program in 2015 to include several new diseases, including lysosomal storage disorders like Morquio syndrome. “I think that’s wonderful,” Macri says. “If they can find it right away in these babies, they won’t have to go through what I went through.”

The Personalized Genomic Medicine Program, which is a designated newborn screening referral center for the state, offers life-altering treatments to patients who would have had little hope even a few years ago, says Dr. Adams. “We’re not just giving information, but making direct interventions,” he says. “This is an exciting time, and there are even more new treatments on the horizon.”

For more information, visit atlantichealth.org/genomics or call us at 973-524-1898.
If you or someone you know has ever been diagnosed with a sarcoma, Morristown Medical Center now has a new treatment center just for you. The Atlantic Sarcoma Center treats these rare growths that form in the body’s bones or soft tissues. Some lumps and bumps are hard to diagnose, and many turn out not to be malignant. Making the correct diagnosis requires an expert — and we have plenty.

‘WONDERFUL RESULTS’
Over the years, Atlantic Health System has built a world-class multidisciplinary team around sarcoma treatment and research. In 2014, Atlantic Health System formally launched the Atlantic Sarcoma Center. “Many primary care doctors don’t have experience treating sarcomas in New Jersey, so patients don’t always know where to go for help,” explains Kai Bickenbach, MD, surgical oncologist for Morristown Medical Center. “The Atlantic Sarcoma Center provides a center of excellence where patients can be seen in a multidisciplinary fashion.”

The team includes medical and pediatric oncologists, radiation oncologists, cancer surgeons and radiologists with special expertise. “In some instances, surgery is immediately curative,” says Mark Kayton, MD, a pediatric surgical oncologist for Goryeb Children’s Hospital at Morristown Medical Center. “But there are many other instances when identification of the sarcoma by specialized imaging or biopsy techniques will open the door to treat the condition without major surgery. This multifaceted approach to treatment is producing wonderful results.”

THE LATEST TREATMENTS
One of the resources Atlantic Sarcoma Center patients have, through our medical center’s active participation in the Children’s Oncology Group, is access to a wide range of new clinical trials for the treatment of conditions including sarcomas. The Children’s Oncology Group is a national cooperative group of more than 1,000 cancer professionals at 250 hospitals, all dedicated to offering carefully conducted clinical studies on some of the latest and most advanced cancer treatments. Some of these trials are co-designed, on the national level, by Atlantic Sarcoma Center doctors. The medical center’s affiliation with the Radiation Therapy Oncology Group, a national association of 200 hospitals that offers a range of clinical trials for the treatment of sarcomas, opens up yet additional treatment trials to Atlantic Sarcoma Center patients.

Atlantic Sarcoma Center’s expert team is designed to offer patients a valuable commodity: peace of mind. “A lot of these situations are only false alarms.”

— Mark Kayton, MD

“These protocols were originally just for children, but now we treat people up to age 50,” observes Steven Halpern, MD, pediatric medical oncologist for Goryeb Children’s Hospital. Options include new classes of treatment, such as immune targeted therapies. “We have standardized treatments across the Children’s Oncology Group, so patients can get the same treatments at our center as they could get anywhere else,” says Dr. Halpern. “And they can do that while staying close to home.”

Atlantic Sarcoma Center’s expert team is designed to offer patients a valuable commodity: peace of mind. “A lot of these situations are only false alarms,” says Dr. Kayton. “Sometimes a lump or a bump is just that. But in the rare cases in which it’s not, we know that it’s critical these problems get diagnosed quickly. Early detection gives the best prospect of a cure and a long and fruitful future life, free of this problem.”

For more information, visit atlantichealth.org/sarcoma.

Microscope image of a sarcoma cell
For over a decade, clinicians at Atlantic Health System have used music as therapy, helping thousands of patients every year through cancer treatments, recovery from surgery and physical rehabilitation after an illness or accident. And now, the Livestrong Foundation, which focuses on cancer issues, has given the Jeffrey Frank Wacks Music Therapy Program at Morristown Medical Center a prestigious grant to help 13 hospitals replicate its successful music therapy model.
Create Your Own Motivational Playlists

Tap into the power of music by creating personalized playlists — to cheer you up, calm you down or get you excited about a task. Here’s how:

1. Decide on your goals. Do you want to relax, relieve stress, get mentally prepared for a difficult task, or give yourself a boost for exercise or housework? You’ll want a different playlist for each activity.

2. Start with your own music library or a website like iTunes or Spotify. Think about favorite artists, instruments, songs with or without words and different tempos/beats.

3. Record or copy the playlist somewhere you can play it easily. You’ll always have it handy.

“We can respond differently to the same music on different days,” says Leah Oswanski, coordinator of the music therapy program for Morristown Medical Center. “So create a couple of different playlists for each of your goals.”

In cancer care, music therapy can be as much a part of patients’ treatment as chemotherapy or radiation,” says Leah Oswanski, a licensed professional counselor and board-certified music therapist who coordinates the music therapy program for Morristown Medical Center. “We’re very excited that the Livestrong Foundation grant is helping us train others.”

Almost 70 hospitals applied for 13 opportunities to receive this extensive training, which Oswanski has developed and will introduce to each hospital on a one-by-one basis. By the end of the year, each hospital will have the tools, training and staff to create or expand its own music therapy program.

“At Atlantic Health System, the energy of our music therapy program has been building,” Oswanski remarks. “It’s that momentum we expect to see at other hospitals across the country as they cultivate similar results. It’s an incredible step forward for their patients and families.”

Music: So Much More Than a Feel-Good Beat

Think of music that makes you happy, melodies that calm you down or songs that energize you. Our personal responses to music show that it can affect people physically and mentally. Research also proves that music can help patients heal.

Recent studies indicate that when people with coronary artery disease listen to their favorite tunes, their health improves, possibly because of the release of feel-good hormones called endorphins. At Atlantic Health System, music therapists work with patients individually to address specific clinical goals. For example, singing can help those who have had a stroke, brain injury or other speech issues to improve speech. After surgery, rhythmic music can help distract a patient during physical therapy while encouraging him or her to move and regain muscle strength.

“For stress or depression, music helps people to ride those waves of emotion and deal with issues or treatments more effectively,” says Daniel Marain, coordinator of music therapy for the Healing Arts Program at Atlantic Health System. “Singing and playing instruments help patients become more engaged. For example, I’ve seen patients with Alzheimer’s disease become more present when they are engaged in music activities.”

Music therapists at Atlantic Health System also play live music to create a relaxing environment for staff, patients and their caretakers. “By lowering stress and anxiety levels, music therapy becomes an effective part of overall treatment,” Marain notes.

Atlantic Health System provides opportunities to experience health and well-being by bringing literary, performing and visual arts to our patients, staff and the communities we serve. For additional information, visit atlantichealth.org/healingarts.
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<tr>
<td>INTEGRATIVE MEDICINE</td>
<td>Massage, Individual and Group Acupuncture, Jin Shin Jyutsu, Nutritional Counseling, Wellness Coaching, Yoga, Meditation, Cooking Classes, Physician Lectures and More</td>
<td>Daily appointments, Monday-Saturday; call for hours</td>
<td>Chambers Center for Well Being, 435 South St., Morristown, NJ 07960 ChambersCenterForWellBeing.org</td>
<td>973-971-6301</td>
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<td>Atlantic Integrative Medical Associates</td>
<td>Daily appointments, Monday-Friday; call for hours</td>
<td>Chambers Center for Well Being, 435 South St., Morristown, NJ 07960 ChambersCenterForWellBeing.org</td>
<td>973-971-4686</td>
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<td>Mindfulness-Based Stress Reduction (MBSR) 9-Week Program, FEE: $400</td>
<td>Ongoing programs throughout the year; call for dates and locations</td>
<td>Chambers Center for Well Being, 435 South St., Morristown, NJ 07960 ChambersCenterForWellBeing.org</td>
<td>973-971-6301</td>
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<td>TRIM &amp; FIT Medically Supervised 12-Week Therapeutic Lifestyle Program, FEE: $100/week</td>
<td>Free monthly lectures: Wednesdays, 6:30-7:30pm; call for dates and locations</td>
<td>Chambers Center for Well Being, 435 South St., Morristown, NJ 07960 ChambersCenterForWellBeing.org</td>
<td>973-971-6301</td>
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<td>CHILDREN AND PARENTING</td>
<td>Especially for Siblings, FEE: $50</td>
<td>Please call for dates; 9:30-11:00am</td>
<td>Morristown Medical Center, Conference Room 3, 100 Madison Ave., Morristown, NJ 07960</td>
<td>973-971-5027</td>
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<td>Aqua Aerobics, FEE: $100</td>
<td>Please call for dates; 6:45-7:45pm</td>
<td>Morristown Medical Center, Conference Room 3, 100 Madison Ave., Morristown, NJ 07960</td>
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<td>Breastfeeding Your Baby, Part I, FEE: $50</td>
<td>Please call for dates; 6:00-8:30pm</td>
<td>Morristown Medical Center, Auditorium A, 100 Madison Ave., Morristown, NJ 07960</td>
<td>973-971-5027</td>
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<td></td>
<td>Breastfeeding Your Baby, Part II, FEE: $35</td>
<td>Please call for dates; 6:00-8:00pm</td>
<td>Morristown Medical Center, Auditorium A, 100 Madison Ave., Morristown, NJ 07960</td>
<td>973-971-5027</td>
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<td>Your Baby’s Birth at Morristown, FEE: $75</td>
<td>Please call for dates; 6:00-8:30pm</td>
<td>Morristown Medical Center, Auditorium A, 100 Madison Ave., Morristown, NJ 07960</td>
<td>973-971-5027</td>
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<td>DIABETES WELLNESS</td>
<td>Diabetes Education Classes</td>
<td>Daily appointments; afternoon and evening group classes are available: Wednesdays, 5:00-7:00pm; Thursdays, 1:30-3:30pm</td>
<td>Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960</td>
<td>973-971-5524</td>
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<td>Medical Nutrition Counseling</td>
<td>Daily appointments, Monday-Friday, 8:00am-4:00pm</td>
<td>Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960</td>
<td>973-971-5524</td>
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<td>Gestational Diabetes Education Classes</td>
<td>Tuesdays, 9:00-11:00am</td>
<td>Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960</td>
<td>973-971-5524</td>
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<td>Diabetes Type 1/Pump Support Group</td>
<td>Thursdays, October 2 and December 4, 7:00-8:30pm</td>
<td>Morristown Medical Center, Mo Town Café, 100 Madison Ave., Morristown, NJ 07960</td>
<td>973-971-5524</td>
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<td>Diabetes Support Group</td>
<td>Thursday, October 16, 7:00-8:00pm</td>
<td>Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960</td>
<td>973-971-5524</td>
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<td>Foot Screening</td>
<td>Friday, November 14, 1:00-4:00pm</td>
<td>Morristown Medical Center, Wound Healing Center, 435 South St., Suite 320, Morristown, NJ 07960</td>
<td>973-971-6301</td>
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Unless otherwise noted, registration is required for all events and programs. To register for an event, program or screening, visit atlantichealth.org/classes or call 1-800-247-9580, unless an alternative phone number is listed. Find us on Facebook for updates on selected events and calendar listings.
**HEALTH AND WELLNESS**

**HIV Counseling, Testing [Rapid] and Referral**  
Monday-Friday, 9:00am-4:00pm; appointments recommended  
200 South St., Suite 342, Morristown, NJ 07960  
973-889-8810; Spanish: 973-889-6809

**HIV Support Group: Beyond the Diagnosis**  
Second and fourth Thursdays, 7:00-10:00pm  
Overlook Medical Center, 99 Beauvoir Ave., Summit, NJ 07902  
973-971-8936

**Alliance Center for Weight Management**  
Tuesdays, October 7, 21, 28; November 4, 11, 16, 30; 6:30-8:00pm  
Atlantic Rehabilitation Institute, Conference Room 563, 95 Mount Kemble Ave., Morristown, NJ 07960  
973-971-4555

**Weight Loss Surgery Support Group**  
Third Tuesday of every month, 6:00-7:00pm  
Metabolic Medicine Center, 435 South St., Suite 330, Morristown, NJ 07960  
1-877-664-9682

**Approaches to Weight Loss**  
Tuesdays, October 14, November 11 and December 16, 6:00-7:00pm  
Metabolic Medicine Center, 435 South St., Suite 330, Morristown, NJ 07960  
1-877-664-9682

**Hypnosis for Weight Reduction**  
Thursdays, October 16, November 20 and December 16, 7:00-9:00pm  
95 Madison Ave., Suite B06, Morristown, NJ 07960

**Hypnosis for Smoking Cessation**  
Wednesday, October 22, 7:00-9:00pm  
95 Madison Ave., Suite B06, Morristown, NJ 07960

**Male Caregiver Support Group**  
First Thursday of every month, 7:00-9:00pm  
95 Madison Ave., Suite B06, Morristown, NJ 07960  
Peter Flemming, 973-214-1572

**Memory Screening**  
Monday, November 10, 9:00-11:30am  
Madison YMCA, 111 Kings Road, Madison, NJ 07940

Tuesday, November 11, 10:00am-1:00pm  
Lakeland Hills YMCA, 100 Fanny Road, Mountain Lakes, NJ 07046

Thursday, November 13, 9:00-11:00am  
Somerset Hills YMCA, 140 Mount Airy Road, Basking Ridge, NJ 07920

Tuesday, November 18, 9:00-11:00am  
Greater Morristown YMCA, 79 Horse Hill Road, Cedar Knolls, NJ 07927

**Empowering Adaptable Communities: Building Resilience in Vulnerable Populations**  
November 4-5, TBD  
For more information, please go to our website at atlantichs.org/populationhealth

**Fall Hearing Aid Event**  
October 13-17, 8:00am-4:00pm  
Hearing Aid Center at Atlantic Rehabilitation Institute, 95 Mount Kemble Ave., Morristown, NJ 07960  
973-971-4743

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**HEART HEALTH**

**Mended Hearts Chapter 56**  
First Sunday of every month, 1:30-3:00pm  
Gagnon Cardiovascular Institute, Woff Conference Room, 100 Madison Ave., Morristown, NJ 07960

**Vascular Screening, FEE: $50**  
Saturday, October 11, 8:30am-1:00pm  
Echo Cardiovascular Suite, Gagnon Cardiovascular Institute, 100 Madison Ave., Morristown, NJ 07960

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**SENIOR HEALTH**

**Stroke Support Group for Survivors and Caregivers**  
Third Thursday of every month, 1:00-3:00pm  
Atlantic Rehabilitation Institute, Msgr. John F. Corr Stroke Center, 95 Mount Kemble Ave., Ground Floor, Morristown, NJ 07960  
973-971-4412

**Art Therapy for Stroke Survivors and Caregivers, FEE: $5**  
First, second and third Tuesday of every month, 1:00-2:00pm  
Atlantic Rehabilitation Institute, Msgr. John F. Corr Stroke Center, 95 Mount Kemble Ave., Ground Floor, Morristown, NJ 07960  
973-971-4412

**Support Group: After Stroke — Sharing With Families**  
First Thursday and second Tuesday of every month, 12:30-1:30pm  
Atlantic Rehabilitation Institute, SOULarium, 95 Mount Kemble Ave., 3rd Floor, Morristown, NJ 07960  
973-971-4412

**Project Healthy Bones**  
Fridays, October 3, 10, 17, 24, 31; November 7, 14, 21; December 5, 12, 19; January 9, 16, 23, 30; February 6, 13, 20, 27; March 6, 13, 20, 27, 10:00-11:30am  
Offray Arthritis Center, 435 South St., Suite 150, Morristown, NJ 07960

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**Cancer Care Through Integrative Medicine**

Programs with an asterisk are available to Carol G. Simon Cancer Center patients only. For information регистра遵义, please call 973-971-6514.

- Jin Shin Jyutsu Self-Help/Individual Sessions*
- Guided Imagery to Prepare for Surgery, Radiation, Chemotherapy*
- Individual Acupuncture* 973-971-6301
- Healing Touch Experience*
- I Cancer Vive*
- Individual/Group Spiritual Counseling*
- Massage 973-971-6301
- Meditation/Learn to Meditate*
- Tai Chi
- Reiki Sessions
- Pilates
- Strength Building
- Therapeutic Touch 973-971-4063
- Writing to Heal

**Music Therapy**

For information/registration, please call 973-971-5191.

- Somatron® Session
- Music Therapy Support Group
- Healing Through Drumming

**Now What? Post-Treatment Programs**

For more information on our post-treatment programs, please call 973-682-2146.

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**SENIOR HEALTH**

**For Your Family:** Diabetes Education  
Wednesday, October 8, 15, 22 and 29, 10:00-11:30am  
St. Patrick’s Church, 41 Oliver St., Chatham, NJ 07928  
Parish Office: 973-635-0625

**New Vitality Health Screening and Sign-Up Fridays**

Fridays, October 17, 31; November 14; or December 12, 9:00am-Noon  
435 South St., Suite 330, 3rd Floor Conference Room, Morristown, NJ 07960

**New Vitality Senior Fitness — Beginner, FEE: $40 (8 weeks)**  
Tuesdays, October 21, 28, November 4, 11, 18; December 2, 9, 16, 10:00-11:00am  
435 South St., Suite 330, 3rd Floor Conference Room, Morristown, NJ 07960
Roasted Veggies, Crispy Fruits: Pep up your plate with fresh fall produce

The crisp morning air reminds you that it’s time to shop for something healthy and seasonal for your family: fall produce. “By choosing foods that are in season, you’re automatically bringing new vitamins, minerals and other nutrients into your diet,” says Mary Finckenor, registered dietitian for Morristown Medical Center. Below, she shares her top “produce picks” for autumn taste and nutrition, plus some tips on preparing them.

Apples. “New Jersey has over 30 varieties,” she says. “Try a couple of new ones; you’re sure to find new favorites.” Look for recipes using spices like cardamom, ginger, nutmeg, cinnamon, lemon or orange peel and vanilla.
Nutrition facts: 1 medium apple has only 80 calories and 3.7 g of fiber. Apples are notably high in antioxidants.

Butternut squash. It’s one of the sweetest of the fall squashes, Finckenor says. Just cut it into cubes, toss with a bit of olive oil and bake at 400 degrees Fahrenheit for 35-40 minutes, or until it’s browned around the edges. Spice it up with basil, cinnamon, nutmeg, cloves or ginger. Purée it to add to soups, or even stir-fry dishes.
Nutrition facts: ½ cup = 49 calories, plus 3.4 g fiber. It’s also high in vitamins A and C and beta-carotene.

Brussels sprouts. Forget about mushy, bland, boiled versions, Finckenor advises. “By roasting them, you won’t even recognize this veggie! Garlic and sage bring out its natural flavor.”
Nutrition facts: ½ cup cooked = 30 calories, plus 3 g fiber. They’re a top source of vitamin C and a great source of vitamin K.

Cauliflower. “This is one of my favorite vegetables, fall or anytime,” Finckenor says. “Cook for at least 15 minutes to let the natural sulfur compounds cook off. Perk it up with chili powder, curry powder, nutmeg, tarragon, thyme or garlic.”
Nutrition facts: ½ cup cooked = 15 calories and 1.7 g fiber. It’s high in vitamin C and in compounds called “glucosinolates,” which have anti-inflammatory and cancer-fighting properties.

“The key to healthy eating is variety,” Finckenor comments. “So give these foods and some new recipes a try this fall.”

Roasted Brussels Sprouts With Balsamic Browned Butter

This is the recipe that will win over Brussels sprout haters. These veggie treats are not mushy and overboiled, but crispy on the outside and tender on the inside. Delicious.

INGREDIENTS
6 cups (about 2 pounds) Brussels sprouts
2 tablespoons olive oil or canola oil
¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper

BALSAMIC BROWNED BUTTER (OPTIONAL)
1 tablespoon butter
1 tablespoon canola oil
2 teaspoons low-sodium soy sauce
1 teaspoon balsamic vinegar

Preheat oven to 400 F.

Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive or canola oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly.

For the Balsamic Browned Butter, melt the butter in a small skillet over medium heat; cook for 3 minutes or until lightly browned, shaking pan occasionally. Remove from heat; stir in soy sauce, canola oil and vinegar. Drizzle over the sprouts, tossing well to coat. Serve immediately.

YIELD: 6 SERVINGS (FOR SPROUTS ONLY)
Calories 78; Fat 5 g; Saturated Fat 0.5 g; Cholesterol 0 mg; Protein 3 g; Carbohydrate 8 g; Sodium 254 mg; Fiber 3.7 g

PICKING THE PERFECT PUMPKIN FOR YOUR PALATE

The pumpkin is one of the most iconic symbols of the fall season. Its shape, color and smell are all synonymous with the time of the year when the leaves change color, the air cools and some of our favorite flavors return to the dinner table.

Kings Food Markets, a gourmet food market known for its seasonal produce and unique ingredients, is offering some of the most interesting pumpkin products throughout the store. From pumpkin-inspired chips and pumpkin butter to pumpkin ice cream and pumpkin sweet potato chocolate, Kings Food Markets has a pumpkin dish suited for every meal and every taste, including:
• Adirondack Pumpkin Ice Cream
• Kings Pumpkin Sweet Potato Chocolate Bar
• Republic Pumpkin Spice Tea
• Way Better Pumpkin Cranberry Chips
• Stonewall Pumpkin Donut Mix
• Stonewall Maple Pumpkin Butter
• Creative Snacks Pumpkin Spice Covered Pretzels

For fall product specials or seasonal recipes, visit kingsfoodmarkets.com. Available now.
A new comprehensive program launched by the advisory board of Newton Medical Center is helping Sussex County teens find a new perspective on their community — and each other. The Altitude program, launched in March 2014, focuses on eighth graders in five county schools.

“Altitude is an empowerment program to create safe places for adolescents and help them develop life skills,” says Jim Furgeson, director of Community and Donor Relations for the Newton Medical Center Foundation.

Altitude was created from an annual community needs assessment through the guidance of Newton Medical Center advisory board chairman Bob McCracken, and former Newton Medical Center president, Tom Senker. “That assessment showed that we have a tremendous threat to our young population regarding low self-esteem. This problem leads to negative behaviors, like self-harm and drug abuse,” says Furgeson. “The board decided that they wanted to do something about this. As we looked around the country, we found a lot of great programs that come into a school or community for a few events, but nothing that was a sustained effort.”

CREATING A SENSE OF COMMUNITY

The board connected with existing community partners to develop a long-term program with specific, measurable goals. Altitude begins with a three-day, in-class workshop that reaches every eighth grader in the partner schools with a focus on developing empathy, “to show the students how they all relate to each other and their community,” Furgeson says.

The program continues with monthly after-school Altitude Club meetings, “where kids continue to explore issues of what’s going on in their school, town and state, and explore how they can make a real difference,” Furgeson says.

In June, the initial semester ended with rallies at all partner schools to reinforce Altitude experiences and lessons learned. It all went “incredibly well,” says Furgeson. “At Halsted Middle School, for example, we had fifty percent of the eighth grade class come out to the after-school programs. The teachers had never seen anything like it before.” In all, 196 students (forty-three percent of total number of students) participated in Altitude Club meetings.

ALL ABOUT YOUTH EMPOWERMENT

The Altitude program “empowers our students to realize their passion and purpose,” says Doug Layman, principal of Sparta Middle School. “They have a purpose and they can make a positive contribution.” School officials appreciated that Altitude “wasn’t focused on the negative,” Layman adds. “They weren’t trying to scare the kids with the consequences of poor decisions. They focused on the positive attributes of what each student could contribute.”

Researchers from the Atlantic Center for Population Health Sciences are evaluating the program’s results, Furgeson notes. “Ultimately, we want to get these kids to lift their heads out of their cellphones and realize who they are, how they relate to the kid on the right and left of them and, above all, how they fit into the larger community.”

For more information on the Altitude program, please contact Jim Furgeson, director of Community and Donor Relations, at 973-579-8662 or at james.furgeson@atlantichealth.org.
see how good you can feel

An integrative approach to health at the NEW Chambers Center for Well Being
At first, you may mistake the Chambers Center for Well Being in Morristown for a high-end luxury spa. In reality, it is so much more. The new, 20,000-square-foot Chambers Center for Well Being is dedicated to a higher purpose than mere pampering. “Our goal is to take the science of health and put it into practice,” says Mimi Guarneri, MD, senior advisor for the Chambers Center for Well Being. “We want to complete the circle of care by offering our clients diverse options for healthy lifestyle change.”

That list includes everything from nutritional consultations and acupuncture to cardiac rehabilitation, lifestyle coaching, therapeutic massage and even cooking classes. The common thread in all these offerings comes down to the three “Ps,” says Dr. Guarneri: “Everything is personalized, proactive and participatory.”

Completing the Circle of Care
“There is a growing realization among physicians that the disease-focused model needs to change,” Dr. Guarneri says. “Someone with heart disease needs medicine, but also should learn how to change his or her eating habits and exercise plan to deal with stress, lower the risk for depression and so on,” she explains. “Overall, there is a growing recognition that prevention is the best intervention.”

Meditation, for instance, “has been shown to reduce the risk of cardiac events — sudden death, heart attack, stroke — by forty-eight percent,” says Dr. Guarneri. “We’re offering stress reduction classes here. We’re giving people the information they need to lead healthier lives. This is a new, innovative model that gives you the tools you require to be proactive. It’s a whole-person approach to care.”

“As physicians, we recognize that we’re highly successful when it comes to acute care — treating a broken leg or an infection,” says Dr. Guarneri. “But chronic disease management really requires the best of traditional medicine combined with the best of what we do in the lifestyle-change arena. It’s looking at the whole person: not just the disease a person has, but also the person who has the disease.”

One Fabulous Facility
“What sets this facility apart is that everything is all under one roof,” adds Emilie Rowan, LCSW, director of the Chambers Center for Well Being. The center’s 15 treatment rooms are equipped with walnut wood and recessed lighting. “And throughout, you’ll find calm colors and comfortable furniture; it’s very inviting and warm,” says Rowan.

The center also features “a restaurant with organic healthy choices for breakfast, lunch and dinner; a store with medical-grade supplements, holistic merchandise from around the world and educational books; a cooking studio with cameras everywhere, and space for all the classes you need, including movement, meditation, yoga and Zumba,” Rowan describes.

Clients have many different paths to wellness at the center, says Rowan. “You can get a complete assessment from doctors who are specialists in integrative medicine,” she says. “You can meet with a wellness coach. Or you might just come in for a massage, acupuncture or for a class that sparks your interest.”

“We want to be the go-to place for people with lifestyle questions,” says Dr. Guarneri. “Maybe you’re wondering if you should take fish oil supplements, how to adopt a gluten-free diet or if acupuncture could help with your back pain. You don’t have to guess or rely on the Internet any longer. Just come to the center!”

State-of-the-art treatments available at the Chambers Center for Well Being include:

- Mindfulness-Based Stress Reduction
- Holistic health assessments
- Nutritional assessments and counseling
- HeartMath biofeedback sessions
- Massage
- Acupuncture for a range of conditions, including back and neck pain, osteoarthritis, digestive disorders and sports injuries
- Personal training
- The Learning Center, an educational institute for people who want to expand their knowledge on integrative medicine

435 South St., Morristown, NJ 07960
Call 973-971-6301 to schedule an appointment.

In addition to the new facility, many services are also available at Atlantic Health System’s Summit downtown location.

For more information, visit ChambersCenterForWellBeing.org.

The common thread in all these offerings comes down to the three Ps: “Everything is personalized, proactive and participatory.”
— Mimi Guarneri, MD
Meet the Russian Family
The relationship between Newton Medical Center and the Sparta-based Russian family goes way back — six decades and four generations. But it was a recent wonderful event that brought this fact to light.

"After the birth of my son, Hunter, in May, my family suddenly realized he’s the fourth generation to be born at this hospital," says Ashley Russian, 24. "It’s really become a special place for us."

The first family member born at Newton Medical Center was new great-grandmother Grace Kays, in 1943. "Most of my nine brothers and sisters were born at home," she says. "I was the first to be born at Newton Medical Center."

When Kays was ready to deliver her daughter, Dawn, in 1965, she knew Newton Medical Center was the place for her as well. Years later, both of Dawn’s daughters were born there, too: Ashley, who just gave birth to Hunter, and her sister, Tyler.

The Hospital That Feels Like Home
Each generation of the Russians reports that it’s the one-on-one attention that puts the hospital at the very top of their list for maternity care. "Newton Medical Center and the people who work here are all part of our community," Dawn says. "We’ve always received the most wonderful treatment here."

When Ashley was in labor, for example, nursing staff invited both Dawn and Grace to remain with her. "I told them I’m super close with my mom and grandmother, so I was so happy that they both could be there with me," Ashley says. "The nurses made them feel welcome."

During labor, Ashley was pleasantly surprised when a massage therapist arrived to give her a foot massage. And after Hunter was born, she returned to give her a full-body massage. New moms also have access to hot tubs to increase their relaxation at a stressful time.

All maternity rooms at Newton Medical Center are private, and mothers remain in the same room before, during and after the birth. This arrangement ensures that each mother has the same nurses during her stay.

"Both moms and their nurses really like that," says Donna Ahearn-Dowling, RNC, nurse manager of the Maternity Unit and Family Health Center for Newton Medical Center. "It allows them to get to know each other, and it also helps us with the teaching we provide to all new parents."

Several rooms are also reserved for patients who need hospital care before delivery — as Ashley did when she was hospitalized for kidney stones during pregnancy. Also a comfort was knowing that, if she or little Hunter had needed it, Newton Medical Center’s Level II Intermediate Care Facility was right down the hall.

"The maternity unit is amazing," Ashley says. "Each room is private, quiet, comfortable and warm. It feels like being at home — only better, because our favorite doctors and nurses are right there with us."

To schedule a tour of our maternity unit or sign up for parenting classes, please call us at 1-800-247-9580, or visit atlantichealth.org/newtonmaternity.
UPDATES
at the Atlantic Center for Research

New Clinical Trials Website Available

Are you interested in participating in a clinical trial?

The Atlantic Center for Research has recently launched a new clinical trials website that features information about open and enrolling trials at Morristown, Overlook, Newton and Chilton medical centers and Goryeb Children’s Hospital: atlantichealth.org/research.

Visitors can search for clinical trials and research studies by disease areas, keywords or the names of the physician conducting the trial. The website is compatible with mobile devices, such as smartphones and tablets, to support conversations patients may want to have with their doctors about clinical trials.

Participation in clinical trials is a way for patients to access advanced treatment options that are not yet available to the public. Trials and research studies also determine ways that doctors can better provide medication and explore the genetic factors that contribute to disease. Despite the importance of clinical trials in improving medicine, patient participation is low — an estimated five percent of cancer patients nationwide participate in them.

“We want our patients to know that clinical trials are one of the many services we offer that provide innovative, groundbreaking care during any stage of treatment,” explains Lydia Nadeau, RN, director of oncology service line for Atlantic Health System.

Within cancer care, Carol G. Simon Cancer Center has remained committed to exploring alternatives to traditional chemotherapy. Most recently a trial opened for a “PARP inhibitor” to treat breast cancer in women with BRCA1 or BRCA2 genetic mutations. Targeted therapies such as PARP inhibitors have demonstrated promise in preventing the recurrence of cancer and helping patients live longer by addressing specific genetic causes of cancer.

To learn more about this and other clinical trial offerings at Carol G. Simon Cancer Center, visit atlantichealth.org/research.

Foundation NEWS

Almost Anyone Can Change the World

Heal a loved one. Improve your community’s health. Bring lifesaving treatment to your family, friends and neighbors. And do it at little or no cost now.

With a gift via your will, trust or retirement plan, you can touch the lives of people served by your hospital in a way few other gifts do. By including your hospital in your estate plan, you control your assets until you no longer need them ... and then they change lives. Simply talk to someone at your local foundation to obtain the legal language you need so that you can name your hospital as a beneficiary of your will, codicil, trust or retirement plan.

Other kinds of special gifts can even assist you, too. Certain charitable trusts avoid immediate capital gains on a major asset, stock holding or real estate investment, transforming them into extra income for you. Some IRS-approved plans permit you to pass significant assets to family with little or no gift tax. Still more strategies solve headaches involving unnecessary real estate or life insurance policies. You can boost your income, improve your income tax situation, shed an asset you no longer need — perhaps all three.

Yes, you can change the world for the better.

To discuss any of these gifts, reach out to your hospital’s foundation. For Morristown Medical Center, visit f4mmc.org or call 973-593-2400. For Newton Medical Center, visit newtonmedicalcenterfoundation.org or call 973-579-8309. For Overlook Medical Center, visit overlookfoundation.org or call 908-522-2840.

You can learn about new studies and keep up with the latest medical research nationwide with a new Twitter feed from Atlantic Health System. Follow @NJResearch.
Atlantic Health System Main Locations

1. Morristown Medical Center
   - Includes Carol G. Simon Cancer Center and Gagnon Cardiovascular Institute
   - 100 Madison Ave., Morristown, NJ 07960
   - 973-971-5000

2. Outpatient Medicine
   - 435 South St., Morristown, NJ 07960
   - 973-660-3105

3. Atlantic Sports Health
   - 111 Madison Ave., Morristown, NJ 07960
   - 973-971-6898

4. Atlantic Rehabilitation
   - 95 Mount Kemble Ave., Morristown, NJ 07960
   - 973-971-4481

5. Goryeb Children’s Hospital
   - 100 Madison Ave., Morristown, NJ 07960
   - 973-971-5000

6. Overlook Medical Center
   - Includes Atlantic Neuroscience Institute, Carol G. Simon Cancer Center and Goryeb Children’s Center
   - 99 Beauxvrir Ave., Summit, NJ 07901
   - 908-522-2000

7. Overlook, Union Campus
   - Includes Emergency Services, Overlook Imaging and Outpatient Laboratory Services
   - 1000 Galloping Hill Road, Union, NJ 07083

8. Overlook Downtown
   - Includes Center for Well Being — Atlantic Integrative Medicine and Overlook Medical Center Community Health
   - 357 Springfield Ave., Summit, NJ 07901
   - 908-598-7997

9. Newton Medical Center
   - Includes Carol G. Simon Cancer Center and Gagnon Cardiovascular Institute
   - 100 Madison Ave., Morristown, NJ 07960
   - 973-878-2121

10. Vernon Health & Wellness Urgent Care
    - 123 Route 94, Vernon, NJ 07462
    - 973-209-2260

11. Morristown Medical Center
    - Includes Carol G. Simon Cancer Center and Gagnon Cardiovascular Institute
    - 100 Madison Ave., Morristown, NJ 07960
    - 973-971-5000

12. Overlook Downtown
    - Includes Center for Well Being — Atlantic Integrative Medicine and Overlook Medical Center Community Health
    - 357 Springfield Ave., Summit, NJ 07901
    - 908-598-7997

13. Urgent Care at Hackettstown
    - 57 Route 46, Suite 100, Hackettstown, NJ 07840
    - 908-598-7980

14. Chambers Center for Well Being
    - 435 South St., Morristown, NJ 07960
    - 973-971-6301

15. Chilton Medical Center
    - 99 W. Parkway, Pompton Plains, NJ 07444
    - 973-831-5000

16. Medical Institute of New Jersey
    - 11 Saddle Road, Cedar Knolls, NJ 07927
    - 973-267-2122

17. Chilton Ambulatory Care Center
    - 1900 Union Valley Road, Hewitt, NJ 07421
    - Includes Chilton Imaging and Outpatient Laboratory Services
    - 855-862-2778

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