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.
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.

Opening This Fall

Urgent Care and Family Medicine health services to open at 333 Mount Hope Road, Rockaway, NJ (next to Rockaway Townsquare mall).
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 atlantichs.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.
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.
<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE</th>
<th>TIME</th>
<th>TELEPHONE #</th>
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<tbody>
<tr>
<td>Dinner &amp; Lecture Series, FEE: $8</td>
<td>Mon, Oct 20</td>
<td>5:30pm; Lecture: 6:15pm</td>
<td>973-579-8620</td>
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<tr>
<td>&quot;Cancer Prevention 101: Keep Moving&quot;</td>
<td>Mon, Nov 10</td>
<td>5:30pm; Lecture: 6:15pm</td>
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<tr>
<td>&quot;Understanding How Diabetes Medications Work&quot;</td>
<td>Mon, Dec 8</td>
<td>5:30pm; Lecture: 6:15pm</td>
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<td>Cancer Support Group</td>
<td>Tues, Oct 21, Nov 25 and Dec 23</td>
<td>6:00-7:00pm</td>
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<td>Stroke Support Group</td>
<td>Tues, Oct 21, Nov 25 and Dec 23</td>
<td>6:00-7:00pm</td>
<td>973-579-8620</td>
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<td>Diabetes Support Group</td>
<td>Wed, Oct 1-&quot;Trick or Treat, Myths of Diabetes&quot;</td>
<td>10:00-11:30am</td>
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<td>Diabetes Support Group</td>
<td>Wed, Nov 5-&quot;Living Realistically With Diabetes&quot;</td>
<td>10:00-11:30am</td>
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<td>Diabetes Support Group</td>
<td>Wed, Dec 3-&quot;Holiday Splash and Tasting New Foods&quot;</td>
<td>10:00-11:30am</td>
<td>973-579-8620</td>
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<td>Bariatric Support Group</td>
<td>Tues, Oct 7, Nov 4 and Dec 2</td>
<td>6:00-7:00pm</td>
<td>973-579-8341</td>
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<td>Yoga: Mixed Level, (7 weeks) FEE: $80</td>
<td>Mon, Nov 3-Dec 15</td>
<td>6:30-7:50pm</td>
<td>973-579-8340</td>
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<tr>
<td>Safe Sitter Babysitting Classes (for kids 11-14 years), FEE: $60</td>
<td>Sat, Oct 18</td>
<td>8:30am-3:30pm</td>
<td>973-579-8340</td>
</tr>
<tr>
<td>Mammograms Save Lives: For those women who do not have insurance or not eligible through other screening programs; call 973-579-8622 to see if you qualify</td>
<td>Wed, Oct 29-Nov 17</td>
<td>2:00-4:00pm</td>
<td>973-579-8449</td>
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<tr>
<td>Joint Replacement Education Session</td>
<td>Wed, Oct 29-Nov 17</td>
<td>2:00-4:00pm</td>
<td>973-579-8449</td>
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<tr>
<td>Alzheimer’s Caregiver Half-Day Workshop Sponsored by the Alzheimer’s Association</td>
<td>Sat, Nov 1</td>
<td>8:00am-12:30pm</td>
<td>973-586-4300</td>
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<tr>
<td>Mental Health First Aid Training, FEE: $25</td>
<td>Wed, Oct 8-29</td>
<td>6:30-8:30pm</td>
<td>973-579-8620</td>
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**Behavioral Health Psychotherapy**

- Anger Management Group (12- to 16-week program)
  - Tuesdays
  - Time: 6:00-7:00pm
- Co-Occurring Substance Abuse Group (16-week program)
  - Tuesdays
  - Time: 8:00-9:00pm
- Coping With Anxiety
  - Wednesdays
  - Time: 2:15-3:15pm
- DBT Group: A social skills program to learn cognitive and behavioral skills
  - Multiple groups
  - Call for days and times
- Depression Group
  - Thursdays
  - Time: 10:30am-Noon
- Depression/Anxiety Group
  - Tuesdays
  - Time: 6:30-7:30pm
- Living With Chronic Illness
  - Fridays
  - Time: 11:30am-12:30pm
### MATERNAL & CHILD HEALTH
Newton Medical Center
175 High St., Newton, NJ 07860

Registration is required for all classes

<table>
<thead>
<tr>
<th>Event/Group</th>
<th>Date/Schedule</th>
<th>Contact Info</th>
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| **Prepared Childbirth Classes**                                           | **FEE: $120**  
Saturday, October 18  
Saturdays, November 15 and 22  
Tuesdays, November 25-December 16  
9:00am-5:00pm  
9:00am-2:00pm  
6:30-9:00pm  
973-579-8340 |
| **Breastfeeding**                                                          | **FEE: $40**  
Thursdays, October 30 and December 4  
6:30-9:00pm  
973-579-8340 |
| **Newborn Parenting**                                                      | **FEE: $40**  
Thursday, October 2  
6:30-9:30pm  
973-579-8340 |
| **Sibling Preparation Class**                                             | **FEE: $15**  
Saturday, November 15  
3:00-4:30pm  
973-579-8340 |
| **Pediatric Pre-Operative Preparation**                                   | **Classes held as needed**  
973-579-8340 |
| **Grandparents Class**                                                    | **FEE: $25**  
Saturday, November 22  
3:00-4:30pm  
973-579-8340 |
| Maternity Center Tours                                                    | **FEE: $25**  
Wednesdays, October 15, November 19 and December 17  
Saturdays, October 18, November 22 and December 20  
6:30-7:30pm  
973-579-8315 |
| **New Mom’s Support Group, “First Year Together”**                       | **FEE: $25**  
Thursdays  
6:30-7:30pm  
973-579-8315 |
| **Prepared Childbirth Classes**                                           | **FEE: $120**  
Saturday, October 18  
Saturdays, November 15 and 22  
Tuesdays, November 25-December 16  
9:00am-5:00pm  
9:00am-2:00pm  
6:30-9:00pm  
973-579-8340 |
| **Breast Cancer Support Group**                                           | **FEE: $120**  
Tuesdays, October 14, November 11 and December 9  
6:30-9:00pm  
1-800-227-2345 |
| **Look Good/Feel Better**                                                 | **FEE: $120**  
Monday, November 17  
2:00-4:00pm  
1-800-227-2345 |

### SPARTA HEALTH & WELLNESS
All events are held at Sparta Health & Wellness, 89 Sparta Ave., Sparta, NJ 07871

### MILFORD HEALTH & WELLNESS
All events are held at Milford Health & Wellness, 111 East Catharine St., Milford, PA 18337

### HIGH SCHOOL LIFE SKILLS TRAINING
Continued

<table>
<thead>
<tr>
<th>Event/Group</th>
<th>Date/Schedule</th>
<th>Contact Info</th>
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</table>
| **High School LifeSkills Training [12 sessions]**                          | **FEE: $120**  
Thursdays, October 2-December 18  
3:15-4:30pm  
570-409-8484, ext. 501 |
| **More Than Sad: For teens to understand depression**                    | **FEE: $120**  
Wednesdays, October 1 and 29; November 26; December 10  
4:00-5:00pm  
570-409-8484, ext. 501 |
| **Parents for Prevention: Parent Group**                                  | **FEE: $120**  
Thursdays, October 9 and November 6 and December 4  
5:15-6:30pm  
570-409-8484, ext. 501 |
| **Lipid Profile**                                                         | **FEE: $120**  
Saturday, October 11  
8:00-11:00am  
570-409-8484, ext. 501 |
| **Memory Screening**                                                      | **FEE: $120**  
Wednesday, November 5  
10:00am-Noon  
570-409-8484, ext. 501 |
| **Blood Glucose, Hemoglobin A1C**                                         | **FEE: $120**  
Saturday, December 6  
8:00-11:00am  
570-409-8484, ext. 501 |

For more information, visit [Newton Medical Center](http://newtonmedicalcenter.org) or call 1-888-247-1400.
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
- ¾ 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

KINGS

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.
An integrative approach to health at the NEW Chambers Center for Well Being

see how you can feel
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!”

The common thread in all these offerings comes down to the three Ps: “Everything is personalized, proactive and participatory.”

— Mimi Guarneri, MD

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.
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.
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
475 South St.
Morristown, NJ
07960-6459

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