

well aware



WINTER
2015

Lifestyle Changes Create
Healthier Hearts

Winter Wellness Events All
Season Long

Optimize Your Health
With Mobile Apps

Morristown Medical Center
Overlook Medical Center
Newton Medical Center
Chilton Medical Center
✦ Goryeb Children's Hospital



DEAR FRIENDS,

Can you feel that refreshing chill in the air? Yes, winter has arrived in the Northeast — and we're here to warm things up for you.

Because wellness apps are revolutionizing health care, we're proud to introduce HealtheConnect™, a storefront area to help you take better control of your health through digital media. As part of our ongoing focus on integrative medicine, we're also bringing you exciting news about a new heart program that reverses heart disease through lifestyle changes. And since you're most likely looking to keep cozy this season, our nutrition spread features welcome information about how to make soup a delicious and satisfying meal all winter long.

Enjoy the holiday season with friends and family, and stay warm.

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@atlanticehealth.org. Or write us at Atlantic Health System, Attn: *Well Aware*, P.O. Box 1905, Morristown, NJ 07962.

Visit our blog

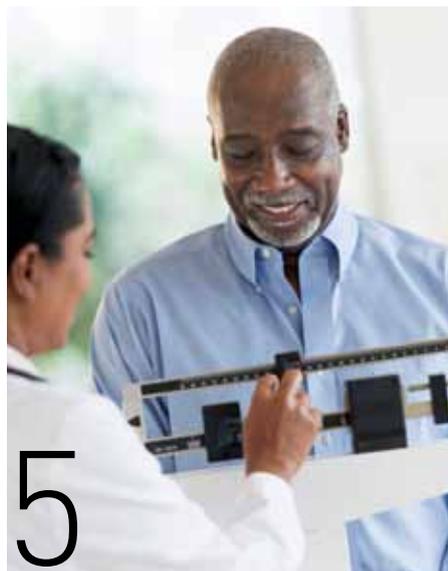
Well Aware — Your Way provides an open forum for patients, employees and friends of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center and Goryeb Children's Hospital to foster a discussion about issues related to hospital experiences and current health topics.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



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Well Aware is published for Atlantic Health System by Wax Custom Communications.

For additional information, visit atlanticehealth.org.



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Morristown Medical Center
Overlook Medical Center
Newton Medical Center
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Atlantic Health System



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

OFFICIAL
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AN OFFICIAL HEALTH PROVIDER
OF THE NEW JERSEY DEVILS



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COLD VERSUS FLU

The common cold and seasonal influenza are often mistaken for one another because early symptoms of both illnesses can be similar. Both are respiratory illnesses caused by different viruses that are spread from person to person. Severity of symptoms can vary from one individual to another, but in most cases, the flu is much more serious than the common cold. Here is a list that can help you tell them apart.

Common Cold

- **Common Symptoms:** Sneezing, stuffy nose, sore throat, watery eyes
- **Uncommon Symptoms:** Chills, fever
- **Mild Symptoms:** Exhaustion, body aches, headache
- **Mild-to-Moderate Symptoms:** Chest discomfort
- **Coughing Type:** Hacking

Influenza

- **Common Symptoms:** Fever, sneezing, stuffy nose, sore throat, chills, headache, vomiting (common in children more often than adults) and diarrhea
- **Moderate-to-Severe Symptoms:** Exhaustion
- **Severe Symptoms:** Body aches, chest discomfort
- **Coughing Type:** Dry

The best way to prevent the flu is by receiving your seasonal flu vaccine each year. Washing your hands frequently with soap and water or using a hand sanitizer are helpful measures, along with avoiding touching your eyes, nose and mouth.

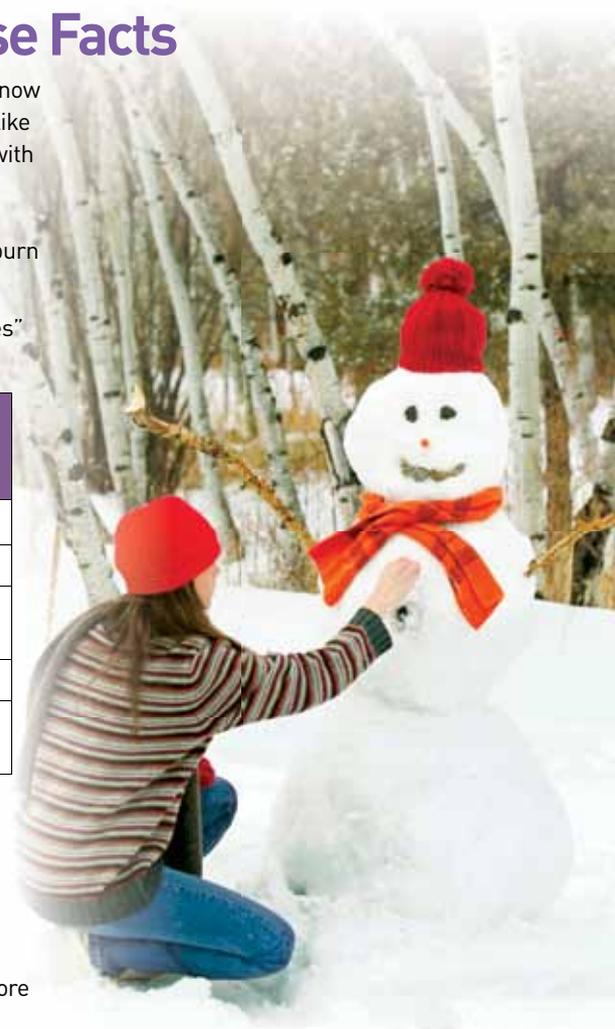
Winter Exercise Facts

Sure, winter is the season when snow blankets the ground and you feel like all you want to do is stay indoors with a warm cup of cocoa. What you're forgetting is that it's actually the perfect time to get out there and burn some calories.

Here are some simple "wintercises" and the calories they burn.

ACTIVITY	CALORIES BURNED PER HOUR
Ice-skating	425
Downhill skiing	374
Cross-country skiing	510
Sledding	407
Building a snowman	349

Even shoveling snow burns 523 calories an hour — surprise a neighbor or friend by clearing up his or her driveway and sidewalk while keeping healthy on a chilly winter afternoon. You'll enjoy it more than you think.



Procedure Makes Medical History at Newton Medical Center

Newton Medical Center is the first area hospital to pioneer an innovative treatment that unblocks leg arteries. It involves threading a drug-coated balloon into the artery, both opening it and leaving behind a trail of the medication helping the artery remain open. Vernon Councilman Richard Wetzel was the first patient to undergo this treatment — and the surgery was a resounding success.

When arteries are blocked, doctors use a procedure called angioplasty to open them.

In the past, this has meant inserting a small tube into the blood vessel; a balloon attached to the tube can be inflated to reopen the artery. What makes this procedure different, though, is that in addition to using a balloon to open the artery, it delivers a powerful dose of a drug that has the potential to help prevent the arteries from being blocked again after the procedure.

Councilman Wetzel suffered from peripheral artery disease (PAD), a painful condition



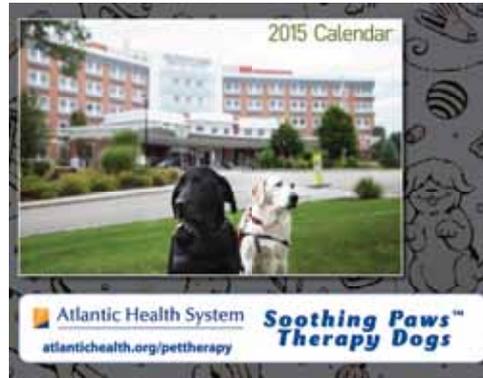
resulting from decreased blood flow to leg arteries. Gerald Cioce, MD, interventional cardiologist and medical director of Newton Medical Center's Cardiac Catheterization Lab, performed the procedure, which has received FDA approval. "The coated balloon promises increased sustainability of results," he commented. It's another first for Newton Medical Center — and excellent news for the community.

How the Human-Animal Bond Helps Our Patients Heal

While in the hospital, many patients miss their dogs at home, and a wagging tail can sure help them feel less lonely. Atlantic Health System's pet therapy program, Soothing Paws™, encompasses approximately 80 pet therapy teams, each made up of a hospital volunteer and his or her trained dog. They visit common areas such as waiting rooms at all five Atlantic Health System campuses.

Each therapy team dog is trained and certified by licensed organizations. Dogs are up-to-date with all required vaccinations, and must be at least one year old to participate. They can even perform tricks on command.

The program has been so successful that recently Morristown Medical Center held its second annual pet therapy conference.



Through generous support from the Women's Association of Morristown Medical Center, it offered networking opportunities for individuals who wish to learn more about pet therapy and those who are currently a part of a pet therapy program and featured guest speaker John Grogan, author of canine classic *Marley and Me*. ▶

Please visit atlantichealth.org/pettherapy for more information. Contact margaret.grow@atlantichealth.org to order your 2015 Soothing Paws calendar.

YOUR PERSONAL HEALTH RECORD AT YOUR FINGERTIPS

Today's world is a digital one. We're all online all the time, checking movie times, searching for restaurants and text messaging our friends and families. But did you know that now you can manage your health from the convenience of a smartphone, tablet or laptop as well? Atlantic Health Connect is the official tracking digital tool allowing you to view your personal health care facts immediately and continually.

Your Personal Health Record, abbreviated PHR, is your personal patient portal. Logging in gives you instant access to your patient history, doctor information and prescription drug dosages, helping you get a clearer picture of your health history at any given moment. In the past, you would have had to wait for your primary care physician to call you back if you had a question about your health record, but now, you have the power, and can get simple, direct answers on

your own time, all from the simplicity of your preferred electronic device.

There are also notifications for seasonal preventive events, like shots and screenings, all to help you forecast your future health needs. Your PHR is the smart, electronic way to stay on top of your health — and most importantly, it's your go-to tool for managing preventive care, so you can make important lifestyle changes that can help stop potentially chronic future problems, like diabetes, from developing.

Sign up for your PHR today. It's the modern way to collect, track and share past and current information about your health with the people who matter most, like your physician, a spouse or a caregiver. ▶

Go to myatlantichealth.org; click on "Atlantic Health Connect"; click on "Register".



A Patient-Centered Emergency Room Guarantee With Heart

As of September 2014, the Sameth Emergency Department at Morristown Medical Center has begun pledging to have all patients seen by a physician, physician's assistant or nurse practitioner within 30 minutes of arrival. It's all about streamlining care and delivering quality emergency medical care in a timely manner.

"The new 30-minute guarantee is our way of reassuring our patients that their emergency department visit will be a fluid experience," explains William B. Felegi, DO, chairman, Department of Emergency Medicine at Morristown Medical Center. "We've always given them highly efficient, expert care — now we're just making it official hospital policy."

"It's about changing patient expectation and experience to create a new culture of healing," describes Dr. Felegi. The manager of Morristown Medical Center's Emergency Department could not agree more: "Connecting patients with expert care quickly is the best way to begin the recovery process," observes Carol Jones, RN, MSN, manager, Morristown Medical Center Trauma/Emergency Services. "We're committed to providing prompt, quality care." ▶

Accountable Care IN NEW JERSEY

ACO — Accountable Care Organization. You might have seen this relatively new health care acronym cropping up in the news lately. But for Medicare patients and others with certain commercial insurance plans in northern New Jersey, what it means is access to an exceptionally broad range of health care providers working together to ensure they get the right care at the right time — and at the right cost.

There are about 625 ACOs across the country to date. The Atlantic ACO is a group of doctors, hospitals and other health care providers who have come together voluntarily to coordinate high-quality care for the community.

“Atlantic Health System joined with Valley Health System and its hundreds of providers to create this seamless system of care, which is there for you

has probably already reached out to you regarding tests, screenings, wellness visits and other services. This is a more proactive way of providing care than in the past, when you had to be the one contacting your physician.

“The linchpin of this highly coordinated level of care is the ACO’s robust PCP network,” says David R. Gross, executive director of Atlantic ACO. “All other providers, from specialists to hospitals, work in harmony with them.”

Added Patient Benefits

The ACO has also put systems in place to ensure that all care providers share health records and test results, so they have all the necessary information at their disposal to make informed decisions. This pooling of information

“The ACO is an ideal platform to coordinate all providers.”

— James Barr, MD

whether you need treatment at your primary care provider’s office, in the emergency room, during a hospital stay or even at home,” says David Shulkin, MD, president of Atlantic Accountable Care Organization, and president of Morristown Medical Center.

Practicing Preventive Care

“The Atlantic ACO is designed to help members become healthier, and to help those with chronic illnesses like heart disease or diabetes, for example, keep their condition under control,” according to Dr. Shulkin. “That’s one of the most robust benefits that our ACO can offer, and one of the ways we can help improve the health of the overall population we serve.”

If your insurance plan is part of Atlantic ACO, your primary care physician (PCP)

allows patients to avoid redundancies, like having duplicate tests or procedures. Of course this streamlining also saves health care dollars, which can be distributed to other services. In addition, federal guidelines allow the ACO to share in the savings it achieves for the Medicare program, benefiting the network as a whole.

“The ACO is an ideal platform to coordinate all providers,” observes James Barr, MD, medical director of Atlantic ACO. “By working in unison, we’re able to improve patients’ quality of care, to enhance their overall health care experience and, most importantly, to make care more affordable for everyone.” ▶

For more information about Atlantic ACO, call 973-971-7499 or visit atlanticaco.org.

Atlantic ACO Fast Facts:

- Atlantic ACO serves more than 175,000 members in northern New Jersey, including Medicare beneficiaries.
- Providers number 1,850 primary care physicians, specialists, nurse practitioners, physician assistants and others — who communicate with each other regularly about the patients they share.
- It’s owned by Atlantic Health System and Valley Health System.
- Member hospitals represent acute care, rehabilitation centers and children’s hospitals, including Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Goryeb Children’s Hospital and The Valley Hospital.
- Bergen, Morris, Sussex, Passaic, Somerset, Union and Warren counties are served.
- Atlantic ACO is one of the largest ACOs nationally and the largest in New Jersey.
- It’s among the first 27 pioneering ACOs in the United States: a true national leader.

For more information, visit atlanticaco.org.



Optimize Your
Health With
Mobile
Apps



WELCOME TO THE DIGITAL HOSPITAL

Believe it or not, your cellphone or tablet can help make you healthier. That's because apps are not just for finding a tasty local restaurant or choosing the right frame for your selfies. Understanding the popularity of the app in a world that's always on the go, hospitals have created their own mobile apps so patients can monitor and improve their health on their own timetables.

"We're using the immediacy of app technology to empower care and achieve widespread optimized results," explains Mark Lederman, director of Strategic Services for Atlantic Health System. Through healthy apps, patients can stay directly connected to the information they need to manage their health on a daily basis.

- Patient Portals, like Atlantic Health Connect, give patients access to their personal electronic health records 24/7.

- If doctors have prescribed patients medications, they can use ePharmacy features to make sure they are taking their dose properly, or even figure out when it's time to get a refill.
- If patients need to go to the Emergency Department, they can check ED wait times.
- Apps can sync with wearable devices like Fitbit® to help people with chronic conditions like diabetes make wiser lifestyle choices.

The result? More robust communities with the most accessible health and wellness information anyone has seen to date.

LIVING IN THE LOOP

But patients are not the only ones logging on: According to Anthony J. Brutico, DO, interim director, Emergency Services at Newton Medical Center, apps are particularly

beneficial to physicians, who are better able to communicate with each other electronically. "Health care apps allow doctors to share information with one another more securely and effectively, especially in emergency situations, when time is limited and a shared image or instant access to a patient's medications can save a life."

The overall message is that online culture is not just about shopping or entertainment: It's also about tapping into the rich network of health experts out there to stay in the best health possible.

"The image of the overstuffed white doctor's coat is a thing of the past," laughs Dr. Brutico. "I feel about 15 pounds lighter without having to carry around notes for every patient. Now all the info I need is stored in my phone — and I can take it with me everywhere." ▶

Now Open: HealtheConnect™

Empowering Patients for Optimal Health Management

Morristown Medical Center now brings you HealtheConnect, a one-of-a-kind, storefront-like area where patients of the hospital can take better control of their health through the use of digital media. Modeled after Apple's Genius Bar, the center will staff HealtheConnect with a full-time expert to assist patients and guests in using it via their smartphones, laptops and tablets to manage their health more effectively.

All HealtheConnect staff have extensive knowledge of recommended apps like the hospital's own **Be Well** app and can provide technical support for hospital visitors and patients, ensuring they understand how to fully utilize the mobile applications recommended by their physicians. They also help educate physicians on which apps to recommend to patients and explain how their many features work.



The area includes charging stations and will sell earbuds and other digital accessories like charger cords. Future plans are to sell wearable fitness trackers, host monthly seminars for the community, provide physician education (for example, a Google Glass demo) and offer technology packages for chronic disease management. Initiatives like HealtheConnect and the Be Well app are all part of Atlantic Health System's mission to inspire its communities to become the healthiest not just in New Jersey, but in the nation. ▶

BEHAVIORAL HEALTH PSYCHOTHERAPY GROUPS Newton Medical Center 175 High St., Newton, NJ 07860		
Men's Anxiety & Depression Group	Alternate Mondays	6:30-7:30pm
Postpartum Depression Group	Fridays	Noon-1:00pm
Psychotherapy Group	Thursdays	6:00-7:00pm
Substance Abuse/Dependent Treatment: Participants will learn to maintain abstinence from mood-altering substances	Tuesdays	8:00-9:00pm
Teen DBT Group (12-week sessions): Skills taught to teens to deal with challenges in their daily lives, as well as regulate emotions, ages 13-17 years	Thursdays: call for next start date	6:30-8:00pm
Women's Anxiety & Depression Group	Mondays	10:15-11:15am
Veterans' PTSD Group	Alternate Tuesdays	5:00-6:00pm
Voices (12-week sessions): Self-discovery and empowerment for adolescent girls and young women	Thursdays: call for next start date	6:30-8:00pm
Wellness & Recovery Group: Life skills training for the chronically mentally ill in a social environment	Alternate Tuesdays	2:00-3:00pm
ADULT GROUPS NOT CURRENTLY IN SESSION: Anger Management, First Year Together, Perinatal Mood Disorder, Young Women's Psychoeducation	Call if interested	973-579-8581



MILFORD HEALTH & WELLNESS

Continued

Assess Your Stress

Wednesdays, January 14, February 11 and March 18, 3:00-5:30pm
No appointment necessary

Parent LifeSkills Training (5 sessions)

Mondays, January 5-February 2,
February 16-March 16, 5:00-6:15pm
570-409-8484, ext. 501

Middle School (grades 7-9) LifeSkills Training (13 sessions)

Tuesdays, January 6-March 31, 4:15-5:30pm
570-409-8484, ext. 501

Savvy Caregiver (4 sessions)

Wednesdays, January 7-28;
February 18-March 11, 10:30am-Noon
570-409-8484, ext. 501

High School LifeSkills Training (11 sessions)

Thursdays, January 8-March 19, 3:15-4:30pm
570-409-8484, ext. 501

More Than Sad: For teens to understand depression

Wednesdays, January 21, February 11 and March 11, 4:00-5:00pm
570-409-8484, ext. 501

Parents for Prevention: Parents' group

Thursdays, January 8, February 12 and March 19, 5:15-6:30pm
570-409-8484, ext. 501

Lipid Profile

Saturday, January 10
8:00-11:00am

Blood Pressure Screening/Stroke Risk Assessment

Thursday, February 19
4:00-6:00pm

Blood Glucose, Hemoglobin A1C

Saturday, March 21
8:00-11:00am

MATERNAL & CHILD HEALTH Newton Medical Center 175 High St., Newton, NJ 07860		
Registration is required for all classes		
Prepared Childbirth Classes, FEE: \$120	Saturday, January 10 (Snow Day: January 17)	9:00am-5:00pm 973-579-8340
Prepared Childbirth Classes, FEE: \$120 (Snow Day: March 10)	Tuesdays, February 10-March 3	6:30-9:00pm 973-579-8340
Breastfeeding, FEE: \$40	Tuesday, January 20 Saturday, March 7	6:30-9:00pm 9:30am-Noon 973-579-8340
Newborn Parenting, FEE: \$40	Saturdays, February 14 and March 28	9:30am-2:00pm 973-579-8340
Sibling Preparation Class, FEE: \$15/child	Saturday, February 14	2:30-4:00pm 973-579-8340
Pediatric Preoperative Preparation	Call if interested	973-579-8340
Grandparents Class, FEE: \$25	Saturday, March 7	1:00-2:30pm 973-579-8340
Maternity Center Tours	Wednesdays, January 21, February 18 and March 18 Saturdays, January 24, February 21 and March 21	8:00-9:00pm 10:00-11:00am 973-579-8340

SPARTA HEALTH & WELLNESS All events are held at Sparta Health & Wellness, 89 Sparta Ave., Sparta, NJ 07871		
Breast Cancer Support Group	Tuesdays, January 13, February 10 and March 10	6:30-9:00pm 1-800-227-2345
Look Good/Feel Better	Mondays, January 12 (Snow Day: January 26) and March 23	2:00-4:00pm 1-800-227-2345
Chair Yoga, FEE: \$40/5 classes	Wednesdays	10:00-11:00am 973-579-8340
Chair Exercise for Older Adults	Tuesday, March 24	10:00-11:30am
How to Live a Happy & Meaningful Life	Thursday, January 22	10:00-11:30am
The Dos and Do Nots of Medications	Monday, March 16 (Snow Day: March 23)	10:00-11:00am

MILFORD HEALTH & WELLNESS All events are held at Milford Health & Wellness, 111 East Catharine St., Milford, PA 18337		
Diabetes Support Group	Monday, January 12: Pattern Management Monday, March 9: It's All About Eating Right	10:00-11:30am 10:00-11:30am

Unless otherwise noted, registration is required for all events and programs. To register for an event, program or screening, visit atlantichhealth.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.



**BASIC LIFE
SUPPORT &
FIRST AID**

Registration and payment are required before confirmation in class. Make checks payable to: Atlantic Training Center. Dress comfortably.

Refunds will not be issued for classes that are not attended; you may reschedule within 6 months. All refunds will carry a \$10 administrative fee.

Mail forms to: Newton Medical Center, Community Health, 175 High St., Newton, NJ 07860
Attn: Anne Foster

In inclement weather, listen to WSUS 102.3 FM or WNNJ 103.7 FM for cancellation information or call 973-579-8439.

- Health Care Provider: New Provider \$70**
- Health Care Provider: Renewal \$60**
- Heartsaver CPR for Adults, Children & Infants With AED \$50**
- Heartsaver First Aid With Adult, Child & Infant CPR & AED \$70**

Visit atlantichambalance.org/newcprbts.html for a complete list of dates/times/locations.

Use of the American Heart Association materials in an educational course does not represent course sponsorship by the American Heart Association (AHA). Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the AHA.

CATEGORY	EVENT	DATE	TIME	TELEPHONE #
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NEWTON MEDICAL CENTER PROGRAMS 175 High St., Newton, NJ 07860	DINNER & LECTURE SERIES, FEE: \$8			
	<i>How to Keep Your New Year's Resolutions</i>	Monday, January 12	Dinner: 5:30pm; Lecture: 6:15pm	
	<i>Atrial Fibrillation and Stroke</i>	Monday, February 9	Dinner: 5:30pm; Lecture: 6:15pm	
	<i>Sleep Better: Tips and Tools You Can Use</i>	Monday, March 23	Dinner: 5:30pm; Lecture: 6:15pm	
	Cancer Support Group	Thursdays, January 22 and February 26; Tuesday, March 24	3:00-4:00pm	973-579-8620
	Stroke Support Group	Tuesdays, January 27, February 24 and March 24	6:00-7:00pm	973-579-8620
	Diabetes Support Group	Wednesday, January 7: <i>Dealing With the Stress and Guilt of Diabetes</i> Wednesday, February 4: <i>Heart Health and Diabetes</i> Wednesday, March 4: <i>Nutrition and Diabetes</i>	10:00-11:30am	
	Bariatric Support Group	Tuesdays, January 6, February 3 and March 3	6:00-7:00pm	
	Perinatal Loss Support Group	Tuesdays, January 13, February 10 and March 10	7:30-9:00pm	973-940-8140
	Yoga: Mixed Level, FEE: \$90	Mondays, January 5-March 2 (9 weeks); March 9-April 27 (8 weeks)	6:30-7:50pm	973-579-8340
	Safe Sitter Babysitting Classes (for Kids 11-14 years), FEE: \$60	Saturdays, January 17, February 21 and March 28	8:30am-3:30pm	973-579-8340
	<i>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</i>			
	<i>Joint Replacement Education Sessions</i>	Wednesdays, January 7, February 4 and March 4	Noon-2:00pm	973-579-8449
	<i>Bariatric Information Session</i>	Friday, January 16	7:00-8:30pm	
<i>Personal Health Records: Hands-on training to learn how to use Atlantic Health Connect (formerly Relay Health System)</i>	Tuesday, February 10	10:00-11:30am		

Co-Occurring Substance Abuse Group (16-week program) Wednesdays 1:00-2:00pm

Coping With Anxiety Wednesdays 2:15-3:15pm

DBT Group: A social skills program to learn cognitive and behavioral skills Mondays 12:30-2:30pm
Tuesdays 6:00-8:00pm

Depression Group Thursdays 10:30am-Noon
Fridays 12:30-1:30pm

Depression & Anxiety Recovery Group Tuesdays 7:00-8:00pm

Living With Chronic Illness Fridays 11:00am-Noon





soup's On

Warm Up This
Winter With
Hearty, Healthy
Comfort Fare



Delicious and nutritious, there's nothing better than a bowl of hot soup on a cold winter's day. Soups come in all shapes and consistencies, from clear soups, such as bouillon or consommé, to soups thickened with starch or cream, like purées and bisques.

"There's a philosophy that there are cooling foods and warming foods and that people will naturally gravitate toward cooling foods in the summer and warming foods in the winter to balance out the effects of the weather," says Mary Finckenor, registered dietitian for Morristown Medical Center. And now that the winter is here, soup is clearly the way to go.

THE BENEFITS OF ADDING SOUP TO YOUR WINTER MENU Soup is a filling, nutritious and easy way to keep warm and fuel up during the winter months. It not only makes for a substantial meal: It's chock-full of nutrients and is simple to prepare.

FILL UP FASTER Soup can be a tasty way to satisfy your appetite and manage your weight. "If you start a meal with a soup, you will generally eat fewer calories at that meal because liquid foods like soup are very satisfying."

TAKE YOUR VITAMINS "Nutrient-wise, soup can deliver a healthy mix of vegetables you might not normally eat," says Finckenor. In some cases, the nutritional value of vegetables actually increases as they are heated. "For example, we're able to absorb more lycopene from tomatoes and beta-carotene from carrots or butternut squash when they're cooked," Finckenor observes. Leafy greens like kale are filled with vitamin K and potassium and hold up well in soup.

IT'S AS EASY AS 1-2-3 Preparing soup from scratch is relatively simple. Buying pre-cut vegetables and using a slow cooker can help save time. Ready-made soups can be quick and easy, but be careful to avoid cream-based soups and watch salt content, Finckenor warns. "Canned soup is notoriously high in sodium, often having over 800 milligrams in one cup. Limit sodium to no more than 300 milligrams per cup. Watch out for claims: Soups labeled 'reduced' or 'less' sodium can still be quite high in sodium. Read nutritional labels carefully. Look for no-salt or unsalted options, instead, then salt it yourself for taste."

And remember, soup makes a meal. Frozen soup can even keep for up to three months — and since January is National Soup Month, you can celebrate with a wholesome meal from New Year's well past Groundhog Day. See Finckenor's recipe for her *Butternut Squash Soup With Apple Cider Cream*: It's a wintery favorite. ▶

Butternut Squash Soup With Apple Cider Cream

INGREDIENTS

- 2 tablespoons canola or olive oil
- 2½ pounds chopped butternut squash
- 2 cups chopped white onion
- ½ cup chopped peeled carrot
- 1 Granny Smith apple, peeled, cored and chopped
- 1½ teaspoons dried thyme
- ½ teaspoon crumbled dried sage leaves
- 4-5 cups no-salt-added chicken or vegetable stock
- 2 cups apple cider, divided
- ⅔ cup plain Greek yogurt or low-fat sour cream
- curry powder (optional)
- cayenne pepper (optional)

Preheat oven to 375 F. Toss butternut squash with a little canola or olive oil and bake on a baking tray until tender — 30-45 minutes. When tender, remove from oven and set aside.

While squash is baking, heat oil in a large pot. Add onion and carrots; sauté until slightly softened, about 15 minutes. Mix in apples, thyme and sage.

Add stock and 1 cup cider and bring to a boil. Reduce heat to medium-low. Cover and simmer until apples are tender, stirring occasionally, about 30 minutes. Add squash and cool slightly.

Working in batches, purée soup in blender or use an immersion blender to purée inside the pot. Season with curry powder and cayenne pepper to taste (if desired).

Boil remaining cider in heavy small saucepan until reduced to ½ cup. Place yogurt or sour cream in small bowl. Whisk in reduced cider. (Soup and cider cream can be made one day ahead. Cover separately and refrigerate.)

Bring soup to a simmer. Ladle into bowls. Drizzle with cider cream.

This soup freezes beautifully — top with freshly made cider cream and you're good to go.

YIELD: SERVES 8

Nutrition information per serving with cider cream made with fat-free Greek yogurt:

Calories 140; Fat 3.7 g; Saturated Fat 0 g; Cholesterol 0 mg; Carbohydrate 26 g; Sodium 109 mg; Protein 4.5 g; Fiber 1.4 g

Chambers Center for Well Being

Now Available: Dean Ornish Program
to Reverse Heart Disease

With the opening of the new Chambers Center for Well Being this past fall, in a 20,000-square-foot, dedicated space, our health system is setting our example for how to bring prevention and wellness services to the communities we serve.

"We are focusing on the whole person — mind, body, emotions and spirit — and this new center demonstrates that Atlantic Health System wants to be a trusted advisor in health and wellness," says Mimi Guarneri, MD, a nationally renowned physician, president of the American Board of Integrative Holistic Medicine and senior advisor for the new center. "We want to offer our patients the best care from around the globe."

Among the First to Offer a Proven Program

The Chambers Center for Well Being is honored to be among the first of its kind in the nation to offer the Dean Ornish Program for Reversing Heart Disease, which has gained popularity through national news coverage and landmark research published in the leading peer-reviewed medical journals.

"Out of thousands of requests from hospitals and clinics, I chose Atlantic Health System because of their commitment to wellness and my very deep

respect for Ray Chambers, for whom the center is named," Dr. Ornish says. "We're thrilled to be able to offer these services through Atlantic Health System."

Dr. Ornish's pioneering research was the first to prove that a comprehensive change in lifestyle, such as that offered by the Chambers Center for Well Being, can treat and even reverse severe heart disease. Research also shows it can often reverse the progression of early stage prostate cancer, type 2 diabetes, high blood pressure and high cholesterol, while even changing gene expression in hundreds of genes in only three months — turning on sequences that promote health and turning off the ones that cause heart disease and the most common forms of cancer. Recently, his program was also proven to reverse aging by lengthening telomeres, or the ends of our chromosomes that control longevity.

Simple Changes, Healthy Results

"The research shows that lifestyle changes can often dramatically improve health and well-being, and that's what this new center focuses on," Dr. Ornish says. And it is the first integrative medicine program to be covered by Medicare. "This coverage makes our lifestyle program available to a much wider group of people who can benefit from it, and we're especially proud of our extended reach," Dr. Ornish glows. ▶

Dr. Ornish's pioneering research was the first to prove that a comprehensive change in lifestyle, such as that offered by the Chambers Center for Well Being, can treat and even reverse severe heart disease.





How Integrative Medicine Works

Atlantic Health System's innovative new Chambers Center for Well Being offers dozens of programs and activities to help support you and your family's everyday health. The center also treats adults and children who have ongoing health challenges, such as fatigue or chronic pain. Staff members are specialists in the field of integrative medicine, which focuses on care for the whole person and getting to the underlying cause of disease. Medical staff also includes physicians who specialize in cardiology, diabetes and weight loss, among other areas.



Depending on each patient's goals and needs, a "prescription" for care might include a change of diet; yoga, meditation or massage; strength training or other exercise, or specific educational classes. The center's staff offers these "therapies" alongside conventional treatments, such as medicine and surgery. Patients can become a member of the center or simply sign up for specific services or classes.

"From the kinds of treatments we offer, people find they have more energy, better sleep, diminished anxiety or tension and even less need for medicines," says Dr. Guarneri. "Those are the things that really matter to most of us, and that's what we help people accomplish."

For more information, visit ChambersCenterForWellBeing.org, or call 973-971-6301.

Breast Navigators Bring Hope — and Knowledge

“The results of your mammogram came back. It shows we need to do more testing.” Those words are understandably stressful for thousands of women each year. For patients using the services of Morristown and Newton medical centers, however, doctors might follow those two sentences with: “We have a special staff member who can help you with your next steps. Would you like us to call her for you?”

The centers call that special staff member a breast navigator. Navigators help women during their initial imaging and diagnosis, all the way through treatment and recovery. The breast imaging navigator assists the patient through diagnosis, creating a seamless transition to the post-imaging breast navigator, who assists her through and after treatment.

“Just because you need a second mammogram or other test doesn’t necessarily mean you have breast cancer,” says Linda Lakomy, RT(R) (M)(BD), breast imaging navigator for Newton Medical Center. “And even if you do have breast cancer, we have many specialists who are dedicated to finding the best way to assist you with the challenges that come with your diagnosis by providing support for your physical, spiritual and psychological needs,” says Renee Trambert, MPH, RN, CBPN-IC, breast imaging navigator for Morristown Medical Center.

Helping Patients Weigh Their Options

One main goal of Atlantic Health System’s breast navigators is to help patients become as informed as possible. Many just need help understanding medical terms that are new to them, what happens when and which specific medical procedures will be involved.

In her role as breast navigator, Jeanne Silva, RN-BC, CMSRN, CBPN, meets with patients to let them know what to expect from diagnosis and through any treatment and recovery they may require. She often joins patients during doctors’ appointments, if they want, so she can repeat back the information later, when the patient is ready to receive it.

“We sometimes meet with patients just once, and other times we meet with them over the course of many months,” she says. “We can be with patients for years, as well, and we celebrate with them the milestones related to treatment and to being cancer-free.”

“With a diagnosis of cancer, it’s hard to take all the information in,” she says. “So I’m there as a fallback to discuss their choices or confirm they understand their doctors’ words. Knowledge helps dispel fear and helps them to be in a better position to make decisions that are best for them.”



A Deeper Connection to Care

Breast navigators also help patients link with Atlantic Health System’s many other staff and services. These might include nutritional services and advice, social workers for emotional and financial support or transportation, as well as integrative medicine specialists for holistic care. For parents with children, a child life specialist can even meet with them or the child to explain things in an age-appropriate way.

In addition to different navigators who manage imaging and treatment/recovery, Newton Medical Center plans to add nurse navigators to the team in 2015. They’ll use their nursing expertise to bring even more comfort and hope to patients. “That’s the beauty of this service,” Silva explains. “I can look at each patient individually and help connect them to what they need. It’s like having somebody on the inside who knows where to go for answers, because they actually have them at their fingertips.” ▶

Contact a breast navigator weekdays from 8:30am to 4:30pm:

• **Morristown Medical Center: 973-971-6175**

• **Newton Medical Center: 973-940-8119**

UPDATES at the Atlantic Center for Research

Gagnon Cardiovascular Institute at Morristown Medical Center has started a phase III clinical trial of the Micra™ Transcatheter Pacing System (TPS). This investigational device is the world's smallest cardiac pacemaker for patients with bradycardia, a common condition characterized by a slow heart rhythm.

Pacemakers are commonly used to treat bradycardia. By sending electrical impulses to the heart to restore and maintain a normal rhythm, pacemakers help pump enough oxygen-rich blood throughout the body. Until recently, traditional pacemakers have required both a "generator" (housing circuitry with battery) and one or more leads (thin electrodes passed through the vein into the heart and attached to the generator). Traditional pacemakers require surgeons to create a pocket underneath the skin to accommodate the generator.

Compared to currently available pacemakers, the Micra TPS is "leadless" and incorporates the functions of a traditional single-lead pacemaker into the very small device, as pictured. The Micra TPS is inserted directly into the heart chamber using a minimally invasive procedure. There is no separate lead or



surgical pocket. The entire Micra TPS system is one-tenth the size of a traditional pacemaker generator.

"Because the Micra TPS is a self-contained pacing system, there's no need to create a separate surgical incision in the chest wall skin," explains Robert Coyne, MD, principal investigator of the clinical trial at Morristown Medical Center. "This may also prevent complications that arise from that surgery, such as infection. Certain patients may also find the lack of a surgical incision attractive for cosmetic reasons."

Researchers are evaluating the efficacy and safety of the Micra TPS in a global clinical trial that will enroll up to 780 patients at approximately 50 centers. Morristown Medical Center is one of the hospitals in the region to offer this clinical trial.

If you are interested in learning more, visit atlantichealth.org/research and search "Micra," email research@atlantichealth.org or call 973-971-4205.

Foundation NEWS

Winter Medicine and You

Sledding mishaps, heart attacks from too much snow shoveling, car accidents on black ice: These emergency situations are all too common in the wintertime. They're unsettling to think about, but you can rest easier knowing that high-quality medical care is here for you no matter what the seasonal circumstance.

In the emergency departments at Morristown, Newton and Overlook medical centers, our board-certified physicians and highly trained nurses understand that the only thing predictable in emergency medicine is its unpredictability — and they're prepared. You can count on expert, immediate care around the clock for everything from minor injuries to life-threatening conditions.

We recognize that our medical teams can be there for you because so many of you are there for us. Donors to our emergency departments help with funding for training, technology and equipment, as well as the necessary renovations and expansions to accommodate the growing communities we serve.

We hope you will consider a gift today. It's an investment in services you may not need right now, but will be happy to have at your disposal if or when you do.

Our medical center foundations will help you make a gift online, via mail or by phone. For Morristown Medical Center, visit f4mmc.org and select "Donate Now" or call 973-593-2400. For Newton Medical Center, visit newtonmedicalcenterfoundation.org and select "Online Donation" or call 973-579-8309. For Overlook Medical Center, visit overlookfoundation.org and select "Donate Now" 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 [@ANJResearch](https://twitter.com/ANJResearch).

Atlantic Health System

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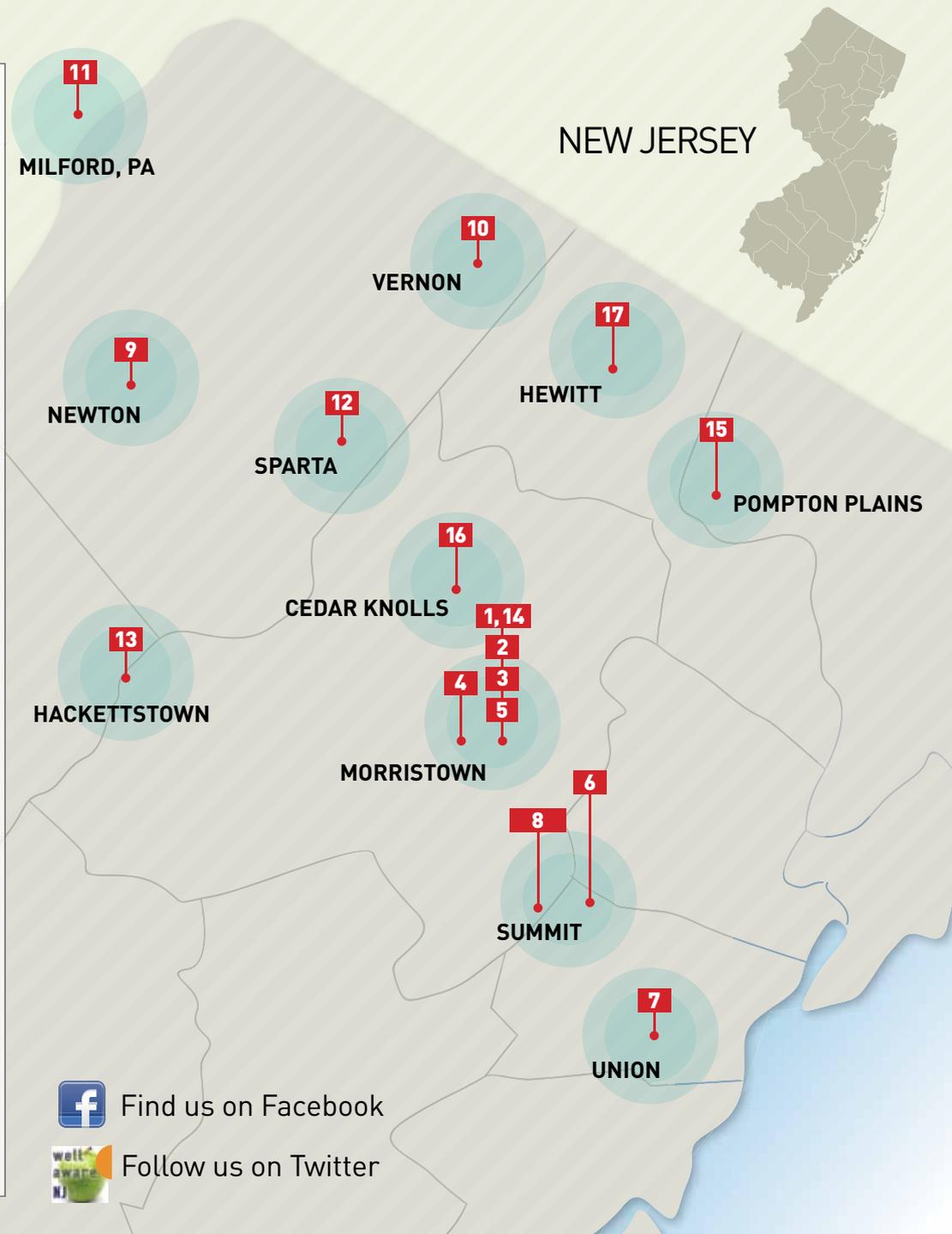
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For a referral to
 an Atlantic Health System
 doctor, call 1-800-247-9580
 or visit findadoctor.atlantichealth.org.



Atlantic Health System Main Locations

- | | |
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| <p>1 Morristown Medical Center
 <i>(includes Carol G. Simon Cancer Center and Gagnon Cardiovascular Institute)</i>
 100 Madison Ave.,
 Morristown, NJ 07960
 973-971-5000</p> <p>2 Outpatient Medicine
 435 South St.,
 Morristown, NJ 07960
 973-660-3105</p> <p>3 Atlantic Sports Health
 111 Madison Ave.,
 Morristown, NJ 07960
 973-971-6898</p> <p>4 Atlantic Rehabilitation
 95 Mount Kemble Ave.,
 Morristown, NJ 07960
 973-971-4481</p> <p>5 Goryeb Children's Hospital
 100 Madison Ave.,
 Morristown, NJ 07960
 973-971-5000</p> <p>6 Overlook Medical Center
 <i>(includes Atlantic Neuroscience Institute, Carol G. Simon Cancer Center and Goryeb Children's Center)</i>
 99 Beauvoir Ave.,
 Summit, NJ 07901
 908-522-2000</p> <p>7 Overlook, Union Campus
 <i>(includes Emergency Services, Overlook Imaging and Outpatient Laboratory Services)</i>
 1000 Galloping Hill Road,
 Union, NJ 07083</p> <p>8 Overlook Downtown
 <i>(includes Center for Well Being — Atlantic Integrative Medicine and Overlook Medical Center Community Health)</i>
 357 Springfield Ave.,
 Summit, NJ 07901
 908-598-7997</p> | <p>9 Newton Medical Center
 175 High St.,
 Newton, NJ 07860
 973-383-2121</p> <p>10 Vernon Health & Wellness Urgent Care
 123 Route 94,
 Vernon, NJ 07462
 973-209-2260</p> <p>11 Milford Health & Wellness Urgent Care
 111 E. Catharine St.,
 Milford, PA 18337
 570-409-8484</p> <p>12 Sparta Health & Wellness
 89 Sparta Ave.,
 Sparta, NJ 07871
 973-726-4232</p> <p>13 Urgent Care at Hackettstown
 57 Route 46, Suite 100,
 Hackettstown, NJ 07840
 908-598-7980</p> <p>14 Chambers Center for Well Being
 435 South St.,
 Morristown, NJ 07960
 973-971-6301</p> <p>15 Chilton Medical Center
 97 W. Parkway,
 Pompton Plains, NJ 07444
 973-831-5000</p> <p>16 Medical Institute of New Jersey
 11 Saddle Road,
 Cedar Knolls, NJ 07927
 973-267-2122</p> <p>17 Chilton Ambulatory Care Center
 <i>(includes Chilton Imaging and Outpatient Laboratory Services)</i>
 1900 Union Valley Road,
 Hewitt, NJ 07421
 1-855-862-2778</p> |
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