Faster Stroke Treatment Improves Results and Brain Recovery

Choosing the Right Cancer Surgeon

Protecting an Athlete's Heart

Atlantic Health System
DEAR FRIENDS,

In our last edition, I wrote about resolutions and the importance of continually improving our personal and professional lives. With 2017 well underway, we’ve all hopefully made progress turning these ambitions into realities. If your efforts have stalled or have yet to begin, remember that spring is the perfect time to refocus on renewal and growth. As we begin to enjoy the outdoors once again, I encourage you to reaffirm your goals.

At Atlantic Health System, we are likewise taking this opportunity to rededicate ourselves to advancing health and wellness for our neighbors and communities. In this issue of Well Aware, you’ll find informative and motivational articles on disease prevention, stroke awareness and health screenings – all indicative of our commitment to the health, hope and healing of our patients.

As in previous issues, you’ll find classes, activities and support groups to keep you active and involved. We’ve placed events in Morristown, Newton and Hackettstown on a single calendar, so you can easily find sessions at your preferred site.

Finally, let me express our gratitude to all who participated in our first ever Well Aware Reader Survey. We received overwhelmingly positive responses, and look forward to sharing the results in an upcoming issue. We also plan to improve our content based on your feedback.

I hope the season serves as inspiration for continued growth and improvement for us all.

Brian A. Gragnolati
President & 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.

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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/hrmcnj/
/GoryebChildrensHospitalNJ
See back cover for all social media channels.
When emergencies strike, Atlantic Ambulance Corporation (AAC) is there to help. According to Anthony Raffino, manager of the Air Medical Program and Paramedics for Atlantic Ambulance, which is part of Atlantic Health System, in 2016, there were over 25,000 patient contacts between emergency medical services and paramedics. The nonprofit organization provides ground and air medical support when seconds and minutes matter most, complementing local first aid squads and fire departments. EMS Week, which takes place from May 21-27, recognizes emergency medical services like AAC every year for their lifesaving work.

“During EMS Week for our staff, Atlantic Ambulance provides a gift to each employee as a token of its appreciation, and many hospitals provide food throughout the week in each of the emergency departments or host dinners, or provide free continuing education to show their appreciation to the EMS community,” says Raffino.

This past December, Baby-Friendly USA announced that Newton Medical Center, part of Atlantic Health System, has received prestigious international recognition as a Baby-Friendly designated birth facility. The Maternity Center at Newton Medical Center has 17 beds as well as a two-bed Level II Neonatal Intensive Care Unit.

The designation came just months after Newton Medical Center expanded its role as Atlantic Health System’s destination for births for the Sussex and Warren County region serviced by Newton and Hackettstown medical centers, as well as Pike County, Pa. It joins sister hospitals Morristown and Overlook medical centers, both of which announced receiving the Baby-Friendly designation earlier in 2016.

Based on the Ten Steps to Successful Breastfeeding, this award recognizes birth facilities that offer breastfeeding mothers the information, confidence, and skills needed to successfully initiate and continue breastfeeding their babies.

Did you know that lupus, an autoimmune disorder, affects 1.5 million people in the U.S.? That’s one in every 200 people, and 16,000 people are diagnosed annually. To help combat this disease, Atlantic Health System is the presenting sponsor and will have a large team at the 2017 Walk With Us to Cure Lupus event to be held on Saturday, May 20, 2017, at MetLife Stadium in East Rutherford. Brian Gragnolati, president and CEO of Atlantic Health System, will chair the event. We hope you can join us.

If you are interested in participating, contact lupuswalknj.org to register or call 1-866-925-5257 for more information.

For more information about Atlantic Ambulance Corporation, visit atlanticambulance.org.

Patients of Atlantic Medical Group now have enhanced secure access to their medical records through MyChart. Patients are able to communicate with their physician’s office, manage prescriptions or view clinical data. In the coming months, new features will be added to MyChart, allowing patients to preregister for tests and schedule appointments. To sign up for MyChart, please contact your Atlantic Medical Group doctor’s office to obtain an activation code or visit mychart.atlantichealth.org.

Newton Medical Center Receives Prestigious Baby-Friendly Designation

Celebrating Emergency Responders

Walk With Us to Cure Lupus

Your Medical Records at Your Fingertips
Matt Bellifemine was in his basement when he heard a loud noise upstairs. When he arrived upstairs, he found his wife, Kathryn, on the floor.

“I thought she just slipped on the rug, but then I noticed she wasn’t speaking properly and her face looked deformed,” he says.

Kathryn says she has no memory of falling. “I was standing in my dining room on this little rug. Some invisible monster ripped that rug out from under my feet, because one second I was standing and the next I was on the floor.”

When someone suffers a stroke, time is of the essence. In a matter of minutes, a person can sustain irreversible brain damage. Ischemic stroke is one of the leading causes of long-term disability, according to the American Stroke Association (ASA).

Atlantic Health System ensures timely treatment for stroke patients with cutting-edge in-transit telestroke (ITTS) technology. Once Atlantic Health System paramedics load a stroke patient into an ambulance, medical personnel use an InTouch Xpress™ device for video communication with a stroke neurologist.
Another key to faster treatment: correctly identifying stroke symptoms. The ASA, along with the American Heart Association, suggest the F.A.S.T. approach. If individuals notice three symptoms – Face drooping, Arm weakness and Speech difficulty – it’s Time to reach for the nearest phone.

**LIFESAVING INNOVATION**
The portable device is loaded with a high-definition camera, microphone and screen, all of which help the specialist perform a neurological evaluation while the patient is en route to the emergency department. Upon arrival, the neurologist assumes care in real time and can administer alteplase, a protein that can dissolve blood clots and restore flow to the brain.

“They got Kathryn into the ambulance and we went about a mile and a half and they pulled into a school parking lot,” says Matt. “They had the neurologist on the screen, and when we got to the hospital she immediately went back to the CT scan where they verified she had a stroke.”

Last year, a stroke study by researchers at Overlook Medical Center and Atlantic Health System found that the lifesaving tissue plasminogen activator (tPA) could be administered 13 minutes sooner if the patient was evaluated with ITTS.

“The more time that passes, the likelier a patient will sustain brain damage,” says Gary Belt, MD, FAAN, vascular neurologist with Atlantic Neuroscience Institute. “Our in-transit telestroke capabilities minimize these complications.”

Kathryn received the tPA at Chilton Medical Center and after being airlifted to Overlook Medical Center, went on to have two procedures, angioplasty and stenting of the narrowed area in her carotid artery in her neck. This was then followed by a clot-removing procedure using the latest technology called a stent retriever, which restored blood flow in her brain within the critical time that it is needed. Kathryn is doing well today.

“I would not have had the outcome I did without this service. It was exactly four hours from the time I was on the floor until Dr. Ron Benitez [director of endovascular neurosurgery for Atlantic Health System] operated on me that night. How lucky am I to have been there and get, at midnight, one of the best surgeons in this field.”

Another key to faster treatment: correctly identifying stroke symptoms. The ASA, along with the American Heart Association, suggest the F.A.S.T. approach. If individuals notice three symptoms – Face drooping, Arm weakness and Speech difficulty – it’s Time to reach for the nearest phone.

“If you think you or someone you know is having a stroke, it’s a medical emergency,” says Dr. Belt. “Call 911 immediately.”

For more information about telestroke services, visit atlantichealth.org/strokecenters.

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**ATLANTIC MEDICAL GROUP**
Dr. Gary Belt is a part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroupnj.org.
Holistic nurse Julia Millspaugh, BSN, RN, coordinator for Integrative Medicine, likens her hands to jumper cables with the energy medicine she practices at the Chambers Center for Well Being. “In Jin Shin Jyutsu®, we touch specific locations along different energetic pathways so the body can realign its energetic patterns,” says Millspaugh. “The theory is that when the energetic line is back in correct form, then we experience balance, which allows the body to fight off what it normally does when it’s healthy.”

A WEALTH OF OPTIONS
At the Chambers Center for Well Being, practitioners use several energy therapies, including Healing Touch, which uses gentle touch to relax the mind, body and spirit; Jin Shin Jyutsu, a technique that focuses on gentle touch over specific energy pathways; medical Qigong, a practice that integrates postures, movements and breathing to improve mental and physical health; and Reiki, where the hands are used to redirect energy in the body.

Energy medicine, which has its origin in India and China, has been used in the United States for almost two centuries. Most energy healing techniques focus on pathways or channels in the body known as meridians, which form a network to move fluids and provide energy to each part of the body, such as the skin, muscles, bones and organs.

According to integrated medicine practitioner Annette Joubert, LMT, massage therapist with the Chambers Center for Well Being/Integrative Medicine, “if the patient is having a cardiac issue, we can work on heart function energy. We guide them in a meditation while we move our hands over their body, not touching them. They can visually follow the path of our hands, which encourages them to relax. People say, ‘Oh, I can feel that,’ or ‘I feel tingling,’ so it’s an individual experience.”

SATISFYING RESULTS
Millspaugh says patients most often experience relaxation, but may also notice less pain or nausea. Joubert notes that patients “feel more secure, more empowered, more self-directed. We help them regulate their breathing and focus on the area they want to heal, and that’s a huge success for them.”

For more information about energy medicine services, contact the Chambers Center for Well Being at 973-971-6301.
What About Screenings?

You hear the message often: Early screenings save lives. But which health screenings, and when?

“Knowing which ones you need can be confusing,” says Scott Lauter, MD, chief medical officer for Atlantic Medical Group. “Different medical organizations may have different guidelines for when to begin them, and how often to get them. And the guidelines may change over time. But don’t let confusion be an excuse not to get health screenings.”

The purpose of screenings is to detect health conditions early, often before you have any symptoms. This can help you avoid long-term health issues. For example, when a screening finds something like diabetes or high blood pressure early, you can change your diet, get more exercise, and possibly take medicine before it causes damage inside your body. If a screening shows bone loss or other signs of brittle bones (osteoporosis), you can take steps to prevent this, and take steps to avoid broken bones.

There are literally 100 or more health screenings available. Some are good for most people, and some are right only for specific people, based on their family and personal health histories.

“To know which ones you need and when, the best resource is your primary care provider (PCP),” Dr. Lauter says.

So at your next doctor’s visit, go prepared with a complete family medical history, personal health history and your questions. “That’s a great way to start the conversation about protecting your health with screenings,” he says.

For more information, visit atlanticmedicalgroupnj.org.

Time for Your Physical?

Ask your primary care provider what screenings you need. For each screening, ask:
- What is the screening for?
- How will the screening help me?
- What are the risks of not getting the screening?
- Are there risks of getting the screening? (Some screens might require X-rays, for example.)
- Is there more than one type of screening for this condition?

Health Screenings to Ask About

(What your doctor recommends depends on your age, health history and more.)

During your next doctor’s visit, ask about screenings for high blood pressure, diabetes, heart disease prevention and risk, colon cancer and lung cancer (if you are a smoker or former smoker). In addition to asking about these exams, women should ask about mammograms for breast cancer as well as screenings for cervical cancer and bone density.

A Commitment to Quality Care

Atlantic Medical Group is a multi-specialty physician network that provides high-quality, comprehensive medical care with more than 900 doctors, nurse practitioners and physician assistants at over 300 locations throughout northern and central New Jersey and northeast Pennsylvania.

Our integrated physician network offers an efficient, coordinated patient care experience, as well as a state-of-the-art electronic medical record system that provides patients enhanced, secure access to their medical data. Care is managed seamlessly among our comprehensive network of health care providers.

Atlantic Medical Group is an integral part of Atlantic Health System’s clinically integrated network of care, offering complete access to the entire health care continuum, including primary and specialty medical care, ambulatory care services, urgent care, hospital stays, physical rehabilitation, home care, long-term care and in-transit emergency medical services.

Atlantic Health System’s nationally and regionally ranked hospitals include Morristown, Overlook, Newton, Chilton and Hackettstown medical centers, and Goryeb Children’s Hospital.

Visit atlanticmedicalgroupnj.org for more information.
When it comes to screening student athletes for serious heart conditions, New Jersey is on the cutting edge – and Atlantic Health System has stepped up to lead the way.

Atlantic Health System has created a new Sports Cardiology Program to offer heart screenings, education and follow-up with any specialty care an athlete needs as well as to establish safe levels of physical activity. It is the first of its kind, created in response to research that shed light on the growing numbers of athletes with heart conditions.

“We've been reaching athletes of all ages, young and old, and those on club teams, school teams and professional ones,” says Damion Martins, MD, director of orthopedics and sports medicine for Atlantic Health System, and team physician for the New York Jets.

Along with only a few other states, New Jersey requires special heart assessments for children aged 19 and younger. In April of last year, a national board of cardiologists and the American Heart Association recommended heart screenings for college athletes, too – but only by physicians trained to do so.

“We have one of the biggest, most comprehensive sports medicine programs in the state,” Dr. Martins says. “It makes sense that we would provide this important service.”

UNIQUELY QUALIFIED

In addition to screenings, Atlantic Health System’s program includes additional layers of care when its physicians identify a heart condition.

“Whether they’re 16 or 60, and older, we can help them determine any limitations they have, so that sports and exercise remains a part of their life,” says Matthew Martinez, MD, an international expert in sports cardiology who leads the Sports Cardiology Program at Atlantic Health System.

In the highly specialized field of sports medicine, cardiologists here are uniquely qualified to provide what can be lifesaving tests for young athletes, as well as adults.

“Even when ‘red flags’ appear in heart tests, they can be overlooked by physicians who do not have the training,” says Linda D. Gillam, MD, chair of cardiovascular medicine for Atlantic Health System. “We have that training. We want to establish safe levels of physical activity.”

For more information, visit atlantichealth.org/sportscardio or call 973-971-5194.

ATLANTIC MEDICAL GROUP

Drs. Linda D. Gillam and Damion Martins are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroupnj.org.
Getting a diagnosis of cancer can be life-changing. “People automatically hear that word and the world crushes down around them, but cancer is a treatable disease,” says Lee Starker, MD, PhD, surgical oncology specialist.

At Atlantic Surgical Oncology, doctors take a multidisciplinary approach, including chemotherapy, radiation and surgery. If a patient needs surgery, “finding the right entry point into the system is very important, in addition to finding the right doctor who can be the patient champion,” says Lawrence Harrison, MD, chief of Atlantic Surgical Oncology.

Dr. Starker says patients should “find a doctor whom they feel most comfortable with because, in the end, they are going to be going through a journey with that person.”

Surgical oncologists take care of most cancers except for lung, brain or gynecologic. Kai Bickenbach, MD, section chief of the Division of Surgical Oncology for Morristown Medical Center, says it is important to distinguish between a cancer surgeon and a general surgeon. “You need to know if they have done training in cancer surgery. It’s also important to know if the surgeon treats a certain number of cases annually.”

Eric Whitman, MD, medical director, Atlantic Health System oncology service line, says the cancer program sees about 6,000 new cancer cases a year, more than many university cancer centers. When choosing a program and physician, he advises: “look for a place that has the necessary expertise with physicians who have seen this type of cancer before. It’s important that the program is data-driven and that nationally and internationally accepted guidelines and standards are being used, in addition to published medical data.”

But expertise is not the only thing to look for. Dr. Whitman says to “look for a place where you’re treated like a human being, not another number. From physicians and nurses to staff and the people answering the phone, our people are enthusiastic and compassionate about what they do. Everything we do is focused on the patient.”

For more information, visit atlantichealth.org/cancer.

**CHOOSING THE RIGHT CANCER SURGEON**

**ATLANTIC MEDICAL GROUP**

Drs. Kai Bickenbach, Lawrence Harrison, Lee Starker and Eric Whitman are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroupnj.org.
For people you know and those you see in the news, drug abuse is ending in unexpected death – in a bedroom, in a parked car or even at a stoplight – from accidental overdose of common “opioid” medicines like oxycodone (such as OxyContin®) and hydrocodone (such as Vicodin®).

Here in New Jersey, local police are working with a team at Atlantic Health System to prevent these tragic, accidental deaths – right at the site of an overdose. Death in these cases often comes before an ambulance can arrive, because opioids slow breathing to the point that breathing can stop.

“Local police came to us, wanting to prevent these deaths,” says Alan Robinson, former director of protection and security for Atlantic Health System. “They realized that they’re in the business of saving lives, and so are we. They were thinking outside the box.”

TEAMWORK SAVES LIVES
In a multipronged program, police are now able to give people what might be their only hope of life after overdose. Atlantic Health System provides police with the drug naloxone, or Narcan®, to reverse these drug overdoses within minutes, as well as the training to give the medicine. It puts the person into withdrawal, so after the Narcan is administered in the field, they go to an emergency department for additional care.

NEXT STEP: TACKLING ADDICTION
During the patient’s emergency room care, crisis intervention staff assess clinical needs and offer treatment options, says Lori Ann Rizzuto, LCSW, director of behavioral and integrative health services for Atlantic Health System. “Peer support, from people who are successfully recovering from addiction, is another important link and will soon be offered in collaboration with our crisis clinicians.”

Atlantic Health System works with several prevention agencies to support its mission of implementing peer recovery support specialists in its emergency rooms, including Prevention Links in Union County and Center for Prevention and Counseling in Sussex County. A community-based program, administered by Morris County Prevention Is Key, trains individuals how to recognize

 Unexpected Addiction, Accidental Death
Drug abuse can start innocently, when someone becomes addicted to common prescription narcotics for pain relief, for example. Cravings cut across all levels of education, age, income and success. And they cut hard. In fact, prescription narcotics now kill more people than heroin and cocaine combined.

“Death from overdose is heartbreaking and unnecessary,” says Lori Ann Rizzuto. “And our message is this: There’s help for you and for your family.”
The Opioid Overdose Prevention Program gets the lifesaving drug, Narcan®, into the hands of our community members where it can be administered at the first signs of overdose. Narcan saves lives and gives those who overdose an opportunity to get help for their addiction.

and properly respond to an opioid overdose. Individuals at risk of an opioid overdose, their family, friends and loved ones are eligible for a free kit. “The Opioid Overdose Prevention Program gets the lifesaving drug, Narcan, into the hands of our community members where it can be administered at the first signs of overdose. Narcan saves lives and gives those who overdose an opportunity to get help for their addiction. Since the inception of the program in November 2016, we have trained over 1,200 people and distributed over 800 Narcan Rescue Kits,” says Melody Runyon, associate director of Morris County Prevention Is Key. It’s also available at some drug stores without a prescription.

LIVES SAVED, FUTURES RECLAIMED
The effort and planning has involved a diverse group of staff at Atlantic Health System, and it has grown to include many local government, law enforcement and community groups, Robinson says.

The program has been a success. Police in one county alone, with the support of the staff of Atlantic Health System, have used Narcan to save the life of one person every eight to nine days, on average.

If you suspect a drug overdose, dial 911 immediately.

For help, call Atlantic Health System’s Crisis Hotline Phone Numbers:

Chilton Medical Center: 973-831-5078
Hackettstown Medical Center: 908-979-8870
(Monday to Friday, 9:00am-11:00pm)
Morristown Medical Center: 973-540-0100
Newton Medical Center: 973-383-0973
Overlook Medical Center: 908-522-3586
The Benefits of Eating More Fish

Fish: Some people love eating it, and some people do not. But its health benefits are something that everyone can agree on.

“Studies show that increasing your fish intake is good for you, especially your heart,” says Jane DeWitt, clinical nutrition coordinator of Food and Nutrition Services for Hackettstown Medical Center. “It’s leaner than red meat and some, like salmon, arctic char and sardines, are full of omega-3 fatty acids, which are great for your heart.”

Omega-3 fatty acids, which are essential fatty acids for human health, can help reduce inflammation as well as the risk for heart disease, notes DeWitt. The American Heart Association recommends up to two servings of fish per week, up to 12 ounces total.

An Acquired Taste

Eating more fish is easier said than done for some people, according to Mary Finckenor, registered dietitian for Morristown Medical Center. She cites the smell as one of the biggest reasons her patients avoid eating fish at home.

“They can’t stand the scent – it’s a real obstacle for them,” she says. “Fortunately, there are many ways to minimize it.”

Finckenor proposes closing the doors to keep the scent from spreading throughout the house. Christina Lavner, registered dietitian for Chilton Medical Center, also suggests using microwave-safe bags to cook fish, but only in the microwave.

“You take your fish out, zip up the bag and throw it away – there’s no smell,” Lavner says.

Another reason some people dislike fish: the taste. Sabrina Lombardi, clinical nutrition coordinator of Food and Nutrition Services for Newton Medical Center, suggests that these individuals start with white fish, which tend to be milder in flavor than other species.

“Cod, flounder and tilapia are some of the lighter fish that can help people ease into increasing their intake,” she says.

Everything in Moderation

When it comes to fish, it is possible to have too much of a good thing. Mercury, a naturally occurring metal, is often found in fish in varying amounts – and too much of it can prove dangerous for humans. People should avoid or limit some fish – like swordfish, shark and albacore tuna – due to their high mercury levels, says Lavner, but most people have nothing to worry about if they follow the recommended servings.

“As long as you aren’t eating fish for breakfast, lunch and dinner every day, you should be fine,” Lavner says.

For more information about the heart-healthy benefits of fish, visit heart.org.

An Easy Fish Marinade

3 tablespoons soy sauce
2 tablespoons hoisin sauce
2 tablespoons olive oil
1 tablespoon lemon juice
2 garlic cloves, minced
(or 2 teaspoons minced garlic, jarred)
1 tablespoon fresh or jarred ginger, grated
2 tablespoons chopped scallion
¼ teaspoon black pepper

*Do not marinate for longer than 30 minutes.
A revolutionary bioengineered vein is being tested at Overlook Medical Center that could potentially extend the life of patients living without a functioning kidney. Clifford Sales, MD, chief of vascular surgery for Overlook Medical Center, says his team is one of 21 sites worldwide selected to participate in the Humacyte® Acellular Vessel trial. As of this printing, Atlantic Health System is No. 4 worldwide in terms of global enrollment.

Patients who do not have a functioning kidney undergo hemodialysis, a procedure where blood is removed from the body, cleansed in a dialysis machine, and returned to the body. Over time, the connection between the artery and vein deteriorates.

“When patients don’t have good veins, either because they are too small or they’ve been used, we put in an artificial vein, which is a plastic tube that may only last a year or two,” says Dr. Sales. “The acellular vessel is more like a living, breathing tube made from human cells; so when you put it into a person, the body doesn’t reject it – and it is our hope that it can last much longer than the plastic tubes we have been using for decades.”

Dr. Sales says between 20 and 30 percent of the dialysis population could benefit from the acellular vessel. The study started in August 2016 and has enrolled 13 participants so far. Each patient will be followed for several years to determine how the graft is working.

“We hope this works as well as the patient’s own vessels,” says Dr. Sales, “because the next logical step would be to start using it for heart bypasses and for leg bypasses.”

For more information about the Humacyte Acellular Vessel trial, call Dr. Sales at 973-759-9000.

Joining the Fight Against Diabetes

Did you know that when you donate to your hospital foundation you are improving the health of members in your own community? Generous gifts benefit costly health care concerns that we face as a society.

One of the more prevalent concerns facing our communities is diabetes. This chronic disease currently affects approximately 29.1 million people in the United States. Unfortunately, this number continues to grow annually and one in 20 Americans will develop diabetes in their lifetime.

Atlantic Health System has a wide range of programs to support various treatment plans recommended by your health care provider. Certified diabetes educators, registered nurses, registered dietitians and certified insulin pump trainers provide assessment and self-management skills to increase your knowledge and ability to manage your diabetes.

Find out how your charitable gift could help create healthier lives for those living with diabetes. Please contact one of our hospital foundations to learn more.

- Morristown Medical Center – Visit f4mmc.org and select “Donate Now,” or call 973-593-2400.
- Newton Medical Center – Visit newtonmedicalcenterfoundation.org and select “Online Donation,” or call 973-579-8309.
- Overlook Medical Center – Visit overlookfoundation.org and select “Donate Now,” or call 908-522-2840.
- Chilton Medical Center – Visit atlantichealth.org/chiltonfoundation and select “Make A Gift,” or call 973-831-5165.
- Hackettstown Medical Center – Visit hrmcnjfoundation.org and select “Make a Contribution” or call 908-850-6876.

For more information, visit atlanticmedicalgroupnj.org.
Wellness and Recovery Group
**TIME AND DATE:** Tuesdays, 2:00-3:00pm
**Women’s Depression and Anxiety Group**
**TIME AND DATE:** Mondays, 10:15-11:45 am
**PLACE:** Newton Medical Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8581.

CANCER CARE

Breast Cancer Support Group
**TIME AND DATE:** Tuesdays, April 11, May 9 and June 13, 6:00-8:00 pm
**PLACE:** Sparta Health & Wellness, Conference Room, 89 Sparta Ave., Sparta, NJ 07871
For more information, call 1-800-227-2345.

Cancer Support Group
**TIME AND DATE:** Thursdays, April 27 and May 25; Tuesday, June 27, 3:00-4:00 pm
**PLACE:** Newton Medical Center, 175 High St., Newton, NJ 07860
**OR**
**PLACE:** Milford Health & Wellness, 111 E. Catharine St., Milford, PA 18337
For more information, call 973-579-8620.

Educational Programs
- Bereavement Program: 973-971-5585
- Caregivers Presentation and Luncheon: 973-971-4063
- Head and Neck Cancer Care Program: 973-971-4063
- Look Good, Feel Better: 1-800-ACS-2345
- Post Breast Surgery Program: 973-971-5169
- Preparing for Breast Cancer Surgery: 973-971-6175
- Prostatectomy Pre-Operative Class: 973-971-6800
- Sexuality and Cancer: 973-971-4063
- Smoking Cessation Support: 973-971-7971

All events located at Carol G. Simon Cancer Center. To register, call 1-800-247-9580.

*Programs with an asterisk are available to Carol G. Simon Cancer Center patients only. All events are located at Carol G. Simon Cancer Center at Morristown Medical Center. For more information, call 973-971-6514.

Look Good, Feel Better
**TIME AND DATE:** Monday, June 19, 2:00-4:00 pm
**PLACE:** Sparta Health & Wellness, Conference Room, 89 Sparta Ave., Sparta, NJ 07871
For more information, call 1-800-227-2345.

Mammograms Save Lives
For those women who do not have insurance or are not eligible through other screening programs.
**PLACE:** Newton Medical Center, 175 High St., Newton, NJ 07860 **OR**
**PLACE:** Milford Health & Wellness, 111 E. Catharine St., Milford, PA 18337
For more information, call 973-579-8622.

Monthly Lecture Series
**Finding Meaning in the Cancer Journey**
Tools to cope with grief and loss.
For more information, call 973-971-7971.
**TIME AND DATE:** Tuesday, April 25, 10:30 am-Noon
**Nutrition for Cancer Prevention and Survival**
A lesson in plant-based foods for health.
**TIME AND DATE:** Thursday, May 4, 6:30-8:00 pm

Clinical Trials 101: Understanding What They Are All About
What you need to know about participating.
**TIME AND DATE:** Thursday, June 8, 1:30-3:00 pm
All lectures take place at Carol G. Simon Cancer Center. To register, call 1-800-247-9580.

Music Therapy
- Healing Through Drumming
- Somatron Session*
- Sound Meditation
*Programs with an asterisk are available to Carol G. Simon Cancer Center patients only. For more information, call 973-971-5919.

Ongoing Support Groups
- In-Treatment Support Group
- Living With Advanced Cancer Support Group
- Post-Treatment Support Group
For information about counseling and social work services, call 973-971-6299.
For more information on our post-treatment programs, call 973-971-6299.
For general information on cancer center programs and services, call 973-682-2146.
Lifestyle Change Program
• Mindful Teens: 973-971-1819
• Tai Chi: Ongoing
• Vibrational Singing Bowls: Ongoing

FEE:

TIME AND DATE:

CHAMBERS CENTER FOR WELL BEING

Healthy Cooking Classes
TIME AND DATE: Monthly classes
FEE: $20 per person
Open Level Yoga
TIME AND DATE: Ongoing
FEE: $15
Stress Reduction Group
TIME AND DATE: Ongoing
FEE: $15
Tai Chi
TIME AND DATE: Ongoing
FEE: $20
Vibrational Singing Bowls
TIME AND DATE: Ongoing
FEE: $20

PLACE:

Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
For more information, call 908-850-6935.

Blood Pressure and Glucose Screening
TIME AND DATE: First Friday of every month, Noon-3:00pm
PLACE: Parsippany ShopRite, 808 Route 46, Parsippany, NJ 07054
OR
PLACE: Wharton ShopRite, 314 State Route, 15 S, Wharton, NJ 07885
OR
PLACE: Greater Morristown ShopRite, 178 E. Hanover Ave., Cedar Knolls, NJ 07927
For more information, call 973-971-7215.

Blood Pressure Screening
TIME AND DATE: First Wednesday of every month, 9:00-11:00am
PLACE: Hackettstown Medical Center, 651 Willow Grove St., 1st Floor Lobby, Hackettstown, NJ 07840
OR

COMMUNITY HEALTH & SCREENINGS

Babysitting Basics
TIME AND DATE: Mondays, April 3 and 10; May 8 and 15; June 5 and June 12, 5:30-8:30pm
FEE: $45
PLACE: Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
For more information, call 908-850-6935.

Hypnosis for Smoking Cessation
APPointments recommended.
FEE: $80
PLACE: Hackettstown Medical Center, Malcolm Across the Lifespan, Tools for Your Journey
TIME AND DATE: Third Friday of every month, Noon-3:00pm
PLACE: Wharton ShopRite, 314 State Route, 15 S, Wharton, NJ 07885
OR
PLACE: Greater Morristown ShopRite, 178 E. Hanover Ave., Cedar Knolls, NJ 07927
For more information, call 973-971-7215.

Breaking the Stigma of Mental Illness

Take part in a frank conversation with New York Times best-selling author Dr. Kay Redfield Jamison about mental illness and mood disorders. The Johns Hopkins psychiatry professor will talk about breaking the stigma of mental illness during the session. Admission is FREE, but preregistration is required at f4mmc.org/womenshealth or by contacting Leslie Perry at 973-593-2431 or leslie.perry@atlantichealth.org.
TIME AND DATE: Second Tuesday of every month, 10:00am-Noon
PLACE: Mansfield ShopRite, Route 57, Mansfield, NJ 08840

Caregiver’s Conference: Caregiving Across the Lifespan, Tools for Your Journey
For more information, visit unitedwaynnj.org, email robin.ennis@unitedwaynnj.org or call 1-888-338-9227.
TIME AND DATE: Saturday, April 22, 9:00am-1:00pm
PLACE: Newton Medical Center, Romano Conference & Education Center, 175 High St., Newton, NJ 07860

Healthy Cooking on a Budget (Dinner/Lecture)
TIME AND DATE: Monday, April 10, 5:30-7:00pm
FEE: $8
PLACE: Newton Medical Center, Romano Conference & Education Center, 175 High St., Newton, NJ 07860

HIV Counseling, Testing (Rapid) and Referral
For more information, call 973-889-6810. Appointments recommended.
TIME AND DATE: Fourth Friday of every month, Noon-3:00pm
PLACE: Greater Morristown ShopRite, 178 E. Hanover Ave., Cedar Knolls, NJ 07927
FREE

Hypnosis for Smoking Cessation
TIME AND DATE: Wednesday, May 10, 7:00-9:00pm
FEE: $70
PLACE: 435 South St., 3rd Floor Conference Room, Morristown, NJ 07960

COMMUNITY HEALTH & SCREENINGS

Blood Pressure and Glucose Screening
TIME AND DATE: First Friday of every month, Noon-3:00pm
PLACE: Parsippany ShopRite, 808 Route 46, Parsippany, NJ 07054
OR
PLACE: Wharton ShopRite, 314 State Route, 15 S, Wharton, NJ 07885
OR
PLACE: Greater Morristown ShopRite, 178 E. Hanover Ave., Cedar Knolls, NJ 07927
For more information, call 973-971-7215.

Blood Pressure Screening
TIME AND DATE: First Wednesday of every month, 9:00-11:00am
PLACE: Hackettstown Medical Center, 651 Willow Grove St., 1st Floor Lobby, Hackettstown, NJ 07840
OR

Interactive Metronome
This is a series of 17 appointments over eight weeks. For more information, call 973-971-6301 and then press #1.

Lifestyle Change Program
TIME AND DATE: Day and evening programs
FEE: $775 for the 12-week program
PLACE: Chambers Center for Well Being, 435 South St., Morristown, NJ 07960
For more information, call 973-971-4890 or visit chamberscenterforwellbeing.org or calendar.atlantichealth.org.

Mindfulness-Based Stress Reduction
TIME AND DATE: Day and evening programs
FEE: $400 for the eight-week program
Mindful Teens
TIME AND DATE: Ongoing programs
FEE: $250 for the six-week program
PLACE: Chambers Center for Well Being, 435 South St., Morristown, NJ 07960
For more information, call 973-971-4890 or visit chamberscenterforwellbeing.org or calendar.atlantichealth.org.

Peer to Peer
• Ostomy Group: 973-971-5522
• Platelet Disorder Self-Help Support Group: 973-971-1819
• Us Too – Prostate Cancer Self-Help Support Group: 973-971-2135

For more information, call 973-971-7230.

Support Group: 973-971-2135

• Us Too – Prostate Cancer Self-Help Group: 973-971-1819
• Platelet Disorder Self-Help Support Group: 973-971-3890
• Ostomy Group: 973-971-5522

For more information, call 973-971-4890 or visit calendar.atlantichealth.org.

Finding us on Facebook for updates on selected events and calendar listings.

For more information, call 973-971-4890 or visit chamberscenterforwellbeing.org.
MANSION IN MAY
The Women's Association for Morristown Medical Center will hold Mansion in May throughout the month of May at Alnwick Hall - The Abbey in Morris Township. Proceeds will go toward the establishment of the Center for Nursing Innovation and Research at Morristown Medical Center. For more information, visit mansioninmay.org.

Medical Nutrition Counseling
TIME AND DATE: Individual sessions available
TYPE 2 DIABETES SUPPORT GROUP
TIME AND DATE: Thursday, May 25, 7:00-8:00pm
PLACE: Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960
For more information, call 973-971-5524.

Lifestyle Changes for Diabetes Prevention and Management
TIME AND DATE: Thursday, April 13, 4:00-5:30pm
FEE: $10 per person
PLACE: Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
To register, call 908-850-6935.

Self-Management for Diabetes
TIME AND DATE: Thursdays, April 6 and 13, May 4 and 11, and June 1 and 8, 9:00am-Noon or
TIME AND DATE: Wednesdays, April 12 and 19, and June 14 and 21, 6:00-9:00pm or
TIME AND DATE: Saturday, May 20, 9:00am-3:00pm
PLACE: Newton Medical Center, Diabetes and Nutrition Center
For more information, call 973-579-8341.

Type 1 and Insulin Pumpers Group
TIME AND DATE: Thursday, April 6, 7:00-8:00pm
PLACE: Mo'Town Cafe, Morristown Medical Center, 100 Madison Ave., Morristown NJ 07960

It's All a Balancing Act: Vestibular Rehab (Dinner/Lecture)
TIME AND DATE: Monday, June 12, 5:30-7:00pm
FEE: $8
PLACE: Newton Medical Center, Romano Conference & Education Center, 175 High St., Newton, NJ 07860

Medication Review With Pharmacist
TIME AND DATE: First Wednesday of every month, 10:00-11:00am
PLACE: Hackettstown Medical Center, 651 Willow Grove St., 1st Floor Lobby, Hackettstown, NJ 07840

Osteoporosis Screening
Appointments are required; call 908-850-6935.
TIME AND DATE: Tuesday, June 6, 2:00-5:00pm
PLACE: Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
For more information, call 973-579-8340.

Safe Sitter Babysitting Classes
TIME AND DATE: Friday, April 14; Saturdays, May 27 and June 17, 8:30am-3:30pm
FEE: $60
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8340.

Snoring Clinic
TIME AND DATE: Tuesdays, April 18, May 16 and June 20, 5:00pm
PLACE: Hackettstown Medical Center, Sleep Lab, 3rd Floor, 651 Willow Grove St., Hackettstown, NJ 07840
For more information, call 908-850-6935.

Stroke Program
TIME AND DATE: Thursday, May 4, 10:00am

Stroke Screening
TIME AND DATE: Thursday, May 11, 8:00-10:00am
PLACE: Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
For more information and to register, call 908-850-6935.

Stroke: Act F.A.S.T. (Dinner/Lecture)
TIME AND DATE: Monday, May 8, 5:30-7:00pm
FEE: $8
PLACE: Newton Medical Center, Romano Conference & Education Center, 175 High St., Newton, NJ 07860

DIABETES WELLNESS

Diabetes Education Classes
TIME AND DATE: Individual and group classes available
PLACE: Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960
For more information, call 973-971-5524.

Diabetes Prevention and Awareness
Are you at risk? Get a better understanding of prediabetes.
TIME AND DATE: Friday, April 7, 10:00am-Noon
PLACE: Newton Medical Center, Romano Conference & Education Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8341.

Diabetes Management Series
For more information, call 908-850-6937.

Diabetes Support Group
TIME AND DATE: Mondays, April 24, May 22 and June 26, 7:00pm
PLACE: Hackettstown Medical Center, Gene C. Milton Conference Room, 651 Willow Grove St., Hackettstown, NJ 07840
For more information, call 908-850-6937.

Diabetes Support Group: Stress Busters and Relaxation Techniques
TIME AND DATE: Wednesday, April 5, 10:00-11:30am

Let’s Get Physical: Exercise for Every Body
TIME AND DATE: Wednesdays, May 3, 6:30-8:00pm, and June 7, 10:00-11:30am
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
Programs are free. To register, call 1-800-247-9580.

Gestational Diabetes Education Classes
TIME AND DATE: Mondays ongoing, 1:00-4:00pm

Atlantic Health System

DIABETES WELLNESS

Diabetes Education Classes
TIME AND DATE: Individual and group classes available
PLACE: Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960
For more information, call 973-971-5524.

Diabetes Support Group
TIME AND DATE: Mondays, April 24, May 22 and June 26, 7:00pm
PLACE: Hackettstown Medical Center, Gene C. Milton Conference Room, 651 Willow Grove St., Hackettstown, NJ 07840
For more information, call 908-850-6937.

Diabetes Support Group: Stress Busters and Relaxation Techniques
TIME AND DATE: Wednesday, April 5, 10:00-11:30am

Let’s Get Physical: Exercise for Every Body
TIME AND DATE: Wednesdays, May 3, 6:30-8:00pm, and June 7, 10:00-11:30am
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
Programs are free. To register, call 1-800-247-9580.

Gestational Diabetes Education Classes
TIME AND DATE: Mondays ongoing, 1:00-4:00pm

Atlantic Health System

Diabetes Education Classes
TIME AND DATE: Individual and group classes available
PLACE: Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960
For more information, call 973-971-5524.
**FITNESS**

- Get Fit Exercise Program
  - **TIME AND DATE:** Monday-Saturday
  - **PLACE:** Hackettstown Medical Center, Therapy Department, 651 Willow Grove St., Suite 1700, Hackettstown, NJ 07840
  - For times and more information, call 908-441-1348.

- Yoga for EveryBody
  - **TIME AND DATE:** Mondays, March 6-April 24, 6:30-7:50pm
  - **FEE:** $90 for eight weeks or $15/class
  - **PLACE:** Newton Medical Center, 175 High St., Newton, NJ 07860
  - For more information, call 973-579-8340.

**HEART HEALTH**

- AHA e-Learning Option
  - For more information, call 908-850-6935.

- BLS for Healthcare Provider
  - **FEE:** $85

- CPR for Family and Friends
  - **FEE:** $35

- Heartsaver CPR AED
  - **FEE:** $50

- Heartsaver First Aid
  - **FEE:** $50

- Pediatric First Aid CPR AED
  - **FEE:** $75

- Place: Hackettstown Medical Arts Building, 651 Willow Grove St., Hackettstown, NJ 07840
  - For more information, call 908-850-6935.

- For classes and locations, visit Atlantic Training Center at atlanticambulance.org.

**NUTRITION**

- FREE NUTRITION LECTURES AT SUSSEX YMCA:
  - **Cooking and Planning Ahead: Cooking for Singles**
    - **TIME AND DATE:** Wednesday, April 5, Noon
  - **Fiber and Your Gut**
    - **TIME AND DATE:** Wednesday, May 3, Noon
  - **Spice Up Your Life**
    - **TIME AND DATE:** Wednesday, June 7, Noon; Wednesday, June 14, 7:00pm
  - For more information, call 973-209-9622.

**PARENTING & CHILDBIRTH**

- ABCs of Going Home With Your Baby
  - Evening and weekend sessions available.

- Breastfeeding Support Group
  - **TIME AND DATE:** Tuesdays, 11:00am-12:30pm; Thursdays, 6:30-8:00pm

- Breastfeeding Your Baby: Getting Started
  - Evening sessions available.

- Breathing and Relaxation Class
  - Evening sessions available.

- Childbirth Mini Class: Your Baby's Birth at Morristown Medical Center
  - Evening sessions available.

- Prepared Childbirth Class
  - Evening and weekend sessions available.
  - **PLACE:** Morristown Medical Center, 100 Madison Ave., Morristown, NJ 07960
  - For more information, call 973-971-5027.

**HEALTH**

- Baby Care Class
  - **TIME AND DATE:** Tuesday, June 13, 6:30-8:30pm
  - **FEE:** $30

- Childbirth Education Classes
  - **TIME AND DATE:** Thursdays, May 11-June 8, 6:30pm-8:30pm OR
  - **FEE:** $130

- Control Blood Pressure
  - **TIME AND DATE:** Tuesdays, May 23, June 27, 6:30-8:30pm
  - **FEE:** $130

- Evening and weekend sessions available.

**SENIOR HEALTH**

- AARP Defensive Driving
  - **TIME AND DATE:** Tuesday, May 16; Wednesday, May 17, 9:00am-12:30pm
  - **FEE:** $15 for AARP members; $20 for all others

- AARP Safe Driver Class
  - **TIME AND DATE:** Friday, June 16, 8:30am-3:00pm
  - **FEE:** $15 for AARP members; $20 for all others

- Alzheimer's 101
  - **TIME AND DATE:** Wednesday, April 19, Noon-1:00pm
  - **PLACE:** Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
  - For more information, call 973-579-8340.

- Back in Time: The Gulf War
  - **TIME AND DATE:** Thursdays, May 18 or 25, 10:30am
  - **PLACE:** Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
  - For more information and to register, call 908-850-6935.

- Brown Bag Medication Review
  - **TIME AND DATE:** Wednesday, April 26, 9:30-11:30am
  - **PLACE:** Newton Medical Center, Outpatient Pharmacy, 175 High St., Newton, NJ 07860

- Breastfeeding Your Baby: Getting Started
  - **TIME AND DATE:** Tuesdays, 11:00am-12:30pm; Thursdays, 6:30-8:00pm
  - **FEE:** $130

- Childbirth Mini Class: Your Baby's Birth at Morristown Medical Center
  - Evening sessions available.

- Prepared Childbirth Class
  - Evening and weekend sessions available.
  - **PLACE:** Morristown Medical Center, 100 Madison Ave., Morristown, NJ 07960
  - For more information, call 973-971-5027.

- Postpartum Depression Group
  - **TIME AND DATE:** Thursdays (biweekly), 11:00am-Noon
  - **PLACE:** Atlantic Behavioral Health Outpatient, 46-48 Beauvoir Ave., Summit, NJ 07901

- Prepared Childbirth Class
  - **TIME AND DATE:** Thursdays, May 18 or 25, 10:30am-12:30pm
  - **FEE:** $15 for AARP members; $20 for all others

- AARP Safe Driver Class
  - **TIME AND DATE:** Friday, June 16, 8:30am-3:00pm
  - **FEE:** $15 for AARP members; $20 for all others

- Alzheimer’s 101
  - **TIME AND DATE:** Wednesday, April 19, Noon-1:00pm
  - **PLACE:** Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
  - **FEE:** $15 for AARP members; $20 for all others
  - **PLACE:** Newton Medical Center, Conference Center, 175 High St., Newton, NJ 07860
  - For more information, call 973-579-8340.

- Back in Time: The Gulf War
  - **TIME AND DATE:** Thursdays, May 18 or 25, 10:30am
  - **PLACE:** Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
  - For more information and to register, call 908-850-6935.

- Brown Bag Medication Review
  - **TIME AND DATE:** Wednesday, April 26, 9:30-11:30am
  - **PLACE:** Newton Medical Center, Outpatient Pharmacy, 175 High St., Newton, NJ 07860

- Breastfeeding Support Group
  - **TIME AND DATE:** Tuesdays, 11:00am-12:30pm; Thursdays, 6:30-8:00pm
  - **FEE:** $130

- Prepared Childbirth Class
  - Evening and weekend sessions available.
  - **PLACE:** Morristown Medical Center, 100 Madison Ave., Morristown, NJ 07960
  - For more information, call 973-971-5027.

**Nutrition**

- ABCs of Going Home With Your Baby
  - Evening and weekend sessions available.

- Breastfeeding Support Group
  - **TIME AND DATE:** Tuesdays, 11:00am-12:30pm; Thursdays, 6:30-8:00pm

- Breastfeeding Your Baby: Getting Started
  - Evening sessions available.

- Breathing and Relaxation Class
  - Evening sessions available.

- Childbirth Mini Class: Your Baby’s Birth at Morristown Medical Center
  - Evening sessions available.

- Prepared Childbirth Class
  - Evening and weekend sessions available.
  - **PLACE:** Morristown Medical Center, 100 Madison Ave., Morristown, NJ 07960
  - For more information, call 973-971-5027.

- Baby Care Class
  - **TIME AND DATE:** Tuesday, June 13, 6:30-8:30pm
  - **FEE:** $30

- Childbirth Education Classes
  - **TIME AND DATE:** Thursdays, May 11-June 8, 6:30pm-8:30pm OR
  - **FEE:** $130

- Childbirth Mini Class: Your Baby's Birth at Morristown Medical Center
  - Evening sessions available.

- Prepared Childbirth Class
  - Evening and weekend sessions available.
  - **PLACE:** Morristown Medical Center, 100 Madison Ave., Morristown, NJ 07960
  - For more information, call 973-971-5027.

- Baby Care Class
  - **TIME AND DATE:** Tuesday, April 4, 6:30-8:30pm
  - **FEE:** $30

- Childbirth Education Classes
  - **TIME AND DATE:** Thursday, June 22-July 20, 6:30-8:30pm OR
  - **FEE:** $130

- Childbirth Mini Class: Your Baby’s Birth at Morristown Medical Center
  - Evening sessions available.

- Prepared Childbirth Class
  - Evening and weekend sessions available.
  - **PLACE:** Morristown Medical Center, 100 Madison Ave., Morristown, NJ 07960
  - For more information, call 973-971-5027.
SPRING 2017

**Calling All Grandparents: Are You Caring for Your Grandchildren This Summer or Beyond?**
- **TIME AND DATE:** Wednesday, June 7, 9:30-11:00am
- **PLACE:** Sparta Health & Wellness, Conference Room, 89 Sparta Ave., Sparta, NJ 07871
- **For more information** and to register, call 908-850-6935.

**Alzheimer’s Disease**
- **TIME AND DATE:** Tuesdays, 6:00-8:00pm
- **PLACE:** 435 South St., 3rd Floor Conference Room, Morristown, NJ 07960
- **For more information** and to register, call 1-888-280-6055.

**Chair Exercise for Older Adults**
- **TIME AND DATE:** Wednesdays, April 12, 19 and 26, 10:00-11:30am
- **PLACE:** Sparta Health & Wellness, Conference Room, 89 Sparta Ave., Sparta, NJ 07871

**Communication Tips and Techniques in Alzheimer’s Disease**
- **TIME AND DATE:** Thursday, May 18, 6:30-7:30pm
- **PLACE:** Newton Medical Center, Romano Conference & Education Center, 175 High St., Newton, NJ 07860
- **For more information** and to register, call Alzheimer’s New Jersey at 973-586-4300.

**Coping With Behavior Changes in Alzheimer’s Disease**
- **TIME AND DATE:** Thursday, June 15, 6:30-7:30pm
- **PLACE:** Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
- **To register**, call 908-850-6935.

**Creative Open Studio**
- **PLACE:** Atlantic Rehabilitation, 95 Mount Kemble Ave., Morristown, NJ 07960
- **For more information**, call 973-971-4483.

**Fall Risk Screening**
- **DATE:** Second Wednesday of every month
- **PLACE:** Hackettstown Medical Center, Therapy Department, 651 Willow Grove St., Suite 1700, Hackettstown, NJ 07840
- **For more information**, call 908-850-6935.

**Falls Prevention and Balance**
- **TIME AND DATE:** Thursday, April 6, 2:00-3:30pm

**Gentle Yoga**
- **TIME AND DATE:** Wednesdays, April 5–June 7, 10:30-11:30am
- **FEE:** $30 for residents of Morris Mews; $50 for community members.
- **PLACE:** Morris Mews Senior Housing, 99 Ketch Road, Morris Township, NJ 07960
- **FREE**

**Home Safety and the Use of Adaptive Equipment**
- **TIME AND DATE:** Wednesday, April 12, 10:00am
- **PLACE:** Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
- **To register**, call 908-850-6935.

**Line Dancing**
- **TIME AND DATE:** Fridays, April 21-June 23, 3:00-4:00pm
- **FEE:** $50 for 10 weeks; drop-in fee is $6
- **PLACE:** Morristown Medical Center Health Pavilion, 3rd Floor Community Room, 333 Mount Hope Ave., Rockaway, NJ 07866

**The Quiet Epidemic of Prescription Drug Abuse Among Seniors**
- **Elizabeth Sartori, JD, LCWSW, LCADC,** Manager of Hackettstown Medical Center’s Counseling and Addiction Center, along with Kim Viersma, PharmD, RPH, pharmacist, will discuss the how and why of senior drug abuse and misuse, signs of dependence and addiction, preventing misuse of drugs in other family members, and common drugs that are often misused. Sergeant Darren Tynan from Hackettstown Police Department will discuss the proper disposal of prescription drugs. In cooperation with the Hackettstown Drug Alliance.
- **TIME AND DATE:** Thursday, June 8, Noon-2:00pm
- **PLACE:** Hackettstown Medical Center, Gene C. Milton Conference Room, 1st Floor, 651 Willow Grove St., Hackettstown, NJ 07840
- **Lunch will be served.** Registration is required. To register, call 908-850-6935.

**Senior Fitness**
- **TIME AND DATE:** Thursdays, April 6–June 8, 10:00-11:00am

**SUPPORT GROUPS**

**Alzheimer’s Family Support Group**
- **TIME AND DATE:** Saturdays, April 22, May 20 and June 24, 10:00am-Noon
- **PLACE:** Newton Medical Center, Romano

**Atlantic Health System**

**New Jersey**

**MORRISTOWN MEDICAL CENTER**
- **Hackettstown Drug Alliance.** Sergeant Darren Tynan from Hackettstown Police Department will discuss the proper disposal of prescription drugs. In cooperation with the Hackettstown Drug Alliance.
- **TIME AND DATE:** Thursday, May 9, 11:00am-Noon
- **PLACE:** Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
- **For more information and to register**, call 908-850-6935.

**Total Hip and Knee Replacement:**
- **WHAT TO EXPECT**
- **TIME AND DATE:** Tuesday, May 9, 11:00am
- **PLACE:** Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
- **For more information and to register**, call 908-850-6935.

**Technology for Seniors**
- **TIME AND DATE:** Wednesday, April 26, 11:00am-Noon
- **PLACE:** Hackettstown High School, 599 Warren St., Hackettstown, NJ 07840
- **For more information and to register**, call 908-850-6935.
Mended Hearts Chapter 56

TIME AND DATE: Fourth Sunday of every month, 1:30-3:00pm
PLACE: Gagnon Cardiovascular Institute, Wilf Conference Room, 100 Madison Ave., Morristown, NJ 07960
For more information, call 973-214-1572.

Male Caregiver Support Group

TIME AND DATE: First Thursday of every month, 7:00-9:00pm
PLACE: 111 Madison Ave., 4th Floor Conference Room, Morristown, NJ 07960
For more information, call 973-214-1572.

Bariatric Support Group

TIME AND DATE: Tuesdays, April 4, May 2 and June 6, 6:00-7:00pm
PLACE: Newton Medical Center, Romano Conference & Education Center, 175 High St., Newton, NJ 07860

Better Breathers Club

TIME AND DATE: Thursdays, April 13, May 11 and June 8, 1:30-2:30pm
PLACE: Hackettstown Medical Center, Conference Dining Room, 1st Floor, 651 Willow Grove St., Hackettstown, NJ 07840
For more information, call 908-441-1192.

Better Breathers Club

TIME AND DATE: Tuesdays, April 25, May 23 and June 27, Noon-1:15pm
PLACE: Newton Medical Center, Romano Conference & Education Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8473.

Family Education Series on Addiction

TIME AND DATE: Mondays ongoing, 6:00-7:30pm
PLACE: Hackettstown Medical Center, Counseling Center, 112 East Ave., Hackettstown, NJ 07840

Healthy Hearts

TIME AND DATE: Wednesdays, April 5, May 3 and June 7, 12:30-1:30pm
PLACE: Hackettstown Medical Center, Conference Dining Room, 1st Floor, 651 Willow Grove St., Hackettstown, NJ 07840
For more information, call 908-850-6819.

Heart Failure Support Group

TIME AND DATE: Daytime and evening sessions available
For more information, call 908-850-6819.

Look Good, Feel Better

For dates and times, call 1-800-227-2345.

Mended Hearts Chapter 56

TIME AND DATE: Fourth Sunday of every month, 1:30-3:00pm
PLACE: Gagnon Cardiovascular Institute, Wilf Conference Room, 100 Madison Ave., Morristown, NJ 07960

Multiple Sclerosis

TIME AND DATE: Second Monday of every month, 7:00-9:00pm
PLACE: Hackettstown Medical Center, Gene C. Milton Conference Room, 1st Floor, 651 Willow Grove St., Hackettstown, NJ 07840

Navigating the Milrinone Journey

TIME AND DATE: Mondays, February 13, April 17, June 12, October 9 and December 11, 12:30-2:00pm
PLACE: Gagnon Cardiovascular Institute, Wilf Conference Room, 100 Madison Ave., Morristown, NJ 07960

Overeaters Anonymous

TIME AND DATE: Sundays, 9:00-10:00am
PLACE: Hackettstown Medical Center, Conference Dining Room, 1st Floor, 651 Willow Grove St., Hackettstown, NJ 07840

Overeaters Anonymous

TIME AND DATE: Mondays, 7:00-8:00pm
PLACE: 435 South St., 3rd Floor Conference Room, Morristown, NJ 07960
For more information, call 973-960-1564.

Perinatal Loss Support Group

TIME AND DATE: Tuesdays, April 11, May 9 and June 13, 7:30-9:00pm
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
For more information, call 973-940-8140.

Quit Smoking Program

TIME AND DATE: Tuesdays, May 2-June 6, 6:00-7:30pm
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8473.

Stroke Support Group

TIME AND DATE: Tuesdays, April 25, May 23 and June 27, 6:00-7:00pm
PLACE: Newton Medical Center, ED Conference Room, 175 High St., Newton, NJ 07860
For more information, call 973-579-8620.

The Arc of New Jersey

TIME AND DATE: Third Thursday of every month, 6:00-7:00pm
PLACE: Hackettstown Medical Center, 651 Willow Grove St., Hackettstown, NJ 07840

Tobacco Relapse Prevention

TIME AND DATE: Wednesdays, April 5, May 3 and June 7, 1:00-2:00pm
PLACE: Newton Medical Center, Romano Conference & Education Center, 175 High St., Newton, NJ 07860

MISCELLANEOUS

Assess Your Stress

TIME AND DATE: Wednesdays, April 17, May 17 and June 21, 3:00-5:00pm
PLACE: Milford Health & Wellness, 111 E. Catharine St., Suite 120, Milford, PA 18337

Clinical Trials 101: Understanding What They Are All About

What you need to know about participating.
TIME AND DATE: Thursday, June 8, 1:30-3:00pm

Creative Open Studio

PLACE: Atlantic Rehabilitation, 95 Mount Kemble Ave., Morristown, NJ 07960
For more information, call 973-971-4483.

High School LifeSkills Training

TIME AND DATE: Thursdays, April 6-June 8, 3:30-4:45pm

Middle School LifeSkills Training

TIME AND DATE: Tuesdays, April 4-June 27, 4:15-5:30pm

Parents for Prevention: Parents Group

TIME AND DATE: Thursdays, April 20, May 18 and June 22, 5:15-6:30pm

Parent LifeSkills Training

TIME AND DATE: Mondays, April 3-May 1; May 22-June 19, 5:00-6:15pm

Savvy Caregiver

TIME AND DATE: Wednesdays, April 5-April 26; May 24-June 14, 10:30am-Noon
PLACE: Milford Health & Wellness, 111 E. Catharine St., Milford, PA 18337
For more information, call 570-409-8484, ext. 501.

WEIGHT LOSS

Alliance Center for Weight Management

TIME AND DATE: Tuesdays, April 11, 18 and 25; May 2, 16, 30; June 13, 20, 27, 6:30-7:30pm
PLACE: Atlantic Rehabilitation, Conference Room 561, 95 Mount Kemble Ave., Morristown, NJ 07960
For more information, call 973-971-4555.

Hypnosis for Weight Reduction

TIME AND DATE: Wednesdays, April 19, May 17 and June 21, 7:00-9:00pm
FEE: $70
PLACE: 435 South St., Suite 330, Morristown, NJ 07960
For more information, call 973-971-7166.

Metabolic Medicine Center Exercise Program

PLACE: Metabolic Medicine Center, 435 South St., Suite 330, Morristown, NJ 07960
For more information, call 973-971-7166.

Overeaters Anonymous

TIME AND DATE: Mondays, 7:00-8:00pm
PLACE: 435 South St., 3rd Floor Conference Room, Morristown, NJ 07960
For more information, call 973-960-1564.

Screening, visit calendar.atlantichealth.org 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.

Atlantic Rehabilitation, 95 Mount Kemble Ave., Morristown, NJ 07960
For more information, call 973-866-3300.

Atlantic Rehabilitation, 95 Mount Kemble Ave., Morristown, NJ 07960
For more information, call 973-992-9000.

Atlantic Rehabilitation, 95 Mount Kemble Ave., Morristown, NJ 07960
For more information, call 973-441-1192.

Atlantic Rehabilitation, 95 Mount Kemble Ave., Morristown, NJ 07960
For more information, call 973-971-4483.

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