

AtlanticView

at Hackettstown | Winter 2018



MOMENTS THAT MATTER

A TURNING POINT IN BACK SURGERY

Curing Chronic Wounds

**3-D Mammography
Comes to Hackettstown**

**In a Hurry?
Grab a Healthy Bowl**

Your trusted source
for health care
news and events is
getting a makeover:
*Well Aware is
now Atlantic View
at Hackettstown.*



Atlantic Health System
Hackettstown Medical Center

Greetings,

You'll notice that *Well Aware* has a new name: *Atlantic View at Hackettstown*. This new local version of the magazine is aimed specifically at you — our community — featuring health tips, news and stories from Hackettstown Medical Center and Atlantic Health System.

In this issue, you'll learn about a new and innovative outpatient surgical procedure to repair spine damage without traditional surgery, how our Wound Healing Center can help those with chronic wounds finally achieve healing, recognizing the importance of colon cancer awareness, and making nutritious choices when dining out.

You'll also find a calendar of local classes, activities and support groups to keep you active throughout the season. At Hackettstown Medical Center, our ongoing commitment to build healthier communities is evident in some of our newest offerings. We've recently brought in 3-D mammography, providing much more detail than conventional mammography.

Our labs have new analyzers that reduce turnaround time significantly, and our new smoking cessation program is offered free to the public. The great strides we've made at Hackettstown Medical Center have been achieved through the hard work and dedication of our staff who deliver high quality care every day.

I hope you enjoy reading about our great facility, and know we are here for your health care needs.




JOSEPH DIPALO
President,
Hackettstown Medical Center

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For additional information, visit atlantichealth.org.

Atlantic Health System, an integrated health care network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation. The six medical centers have a combined total of 1,747 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.

DISCLAIMER: The information contained within this magazine and website is not intended as a substitute for professional medical advice, for which your physician is your best choice. The information in the articles, on the website or on the sites to which it links should not be used as the basis for diagnosing or treating any medical condition. Reproduction of *Atlantic View at Hackettstown* in whole or in part without written permission from the publisher is prohibited. Copyright ©2018. All rights reserved.

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Moments That Matter:
A Turning Point in
Outpatient Back Surgery

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ATLANTIC HEALTH SYSTEM AND KINDRED HEALTHCARE ANNOUNCE SITE FOR NEW Inpatient Rehabilitation Facility

Atlantic Health System and Kindred Healthcare have announced that their planned inpatient rehabilitation facility will be located at Giralda Farms in Madison, the first phase of a plan to develop a 40-acre parcel of land into a campus for health services.

The two-story, 38-bed rehabilitation facility will be built on approximately 46,000 square feet of land. Atlantic Health System and Kindred plan to break ground in the first quarter of 2018.

It will offer all-private rooms, supporting both enhanced clinical efficiency and an elevated patient experience, with targeted clinical programs that include neurological, spine, trauma and complex conditions. Such conditions include stroke and brain injury; spinal cord injury; neurological disorders; orthopedic disorders; multiple trauma; amputation; and other disabling conditions, injuries and disorders.



AtlantiCast is Atlantic Health System's very own newscast. Broadcast every two weeks, AtlantiCast is a local news source for all things happening at Atlantic Health System's hospitals and the communities we serve. It covers everything from our state-of-the-art facilities and groundbreaking treatments to healthy lifestyle tips and health care industry trends.

You can view AtlantiCast on the television screens throughout our system as well as at atlanticast.org. It is also available on local news outlets.

Atlantic Health System Recognized by Great Place to Work® and Fortune



Atlantic Health System has been nationally recognized by Great Place to Work® and Fortune as being among the 2017 Best Workplaces for Parents and 2017 Best Workplaces for Diversity. This is the second year in a row that the organization's equitable, family-friendly work environments have earned a place on these exclusive lists.

In being chosen as one of the Best Workplaces for Parents, Atlantic Health System was credited with providing opportunities and benefits that allowed working parents to flourish. The Best Workplaces for Diversity recognition reflects the organization's commitment to building inclusive workplaces that bring together individuals from many backgrounds, ethnicities, ages and orientations.

2018: An Epic Year for Atlantic Health System



In past issues, we shared that we are streamlining medical records system-wide with a single electronic system. You may be wondering how this will affect you. I'd like to briefly explain the benefits of the new technology, known as Epic.

Epic will create a single, electronic health record for each patient. Records will securely share information, giving you improved access to your medical files and test results. With your permission, Epic also lets you share your record with your care providers. In this way, it connects practitioners at different types of locations, including physician

offices, laboratories, imaging and acute care centers.

By delivering essential information to your care centers and providers, we will improve your experience as a patient. Information in Epic will simplify communication between you and your care team. I personally love having my test results right on my smartphone, keeping questions for my doctor at my fingertips. You'll also find Epic saves time and money by eliminating duplicative activities. In short, Epic is the next step in keeping our promise to you – delivering the right care, at the right time, at the right cost.

Epic is already helping patients at many of our practices. It will become available in February 2018 at Atlantic Home Care & Hospice and Chilton and Overlook medical centers, in June at Morristown Medical Center, and November at Newton and Hackettstown medical centers.

We look forward to delivering this innovation to everyone who entrusts Atlantic Health System with their care.

Brian A. Gagnolati

Brian A. Gagnolati
President & CEO,
Atlantic Health System

"I personally love having my test results right on my smartphone, keeping questions for my doctor at my fingertips."

health tips

FLU SURVIVAL GUIDE

Are you ready for winter's annual flu face-off?

As we enter peak flu season, there is still plenty of time to catch the virus – but also time to guard against it. Here are some easy ways to thwart influenza this season:

- » **GET THE FLU SHOT.** The Centers for Disease Control and Prevention recommends that everyone six months of age and older receive a flu vaccine.
- » **USE DISINFECTANT WIPES.** Wipe down on high-touch areas at home or in the office to keep exposure to a minimum.
- » **SNEEZE OR COUGH INTO A TISSUE.** Don't use your hands as cover. Use tissues or the crook of your arm instead to limit transmission.





Become Involved in Clinical Trials at Atlantic Health System

Help Us Improve Medicine

FOR LUPUS

Lupus is a chronic disease in which inflammation causes harm to tissues and organs.

"We're involved in several interesting and exciting studies for our patients with lupus that is difficult to treat," says Neil Kramer, medical co-director of the Institute for Rheumatic and Autoimmune Disease, or IRAD, at Overlook Medical Center. The studies involve new biologic drugs, which work in a targeted fashion at the cellular level, to prevent or limit tissue damage.

To learn more about the lupus studies, call 908-522-6156 or email concetta.lamore@atlantichhealth.org.

FOR OVARIAN CANCER

Atlantic Health System is one of only 12 institutions in the nation to enroll volunteers for a 15-year study. The goal is to see if a specific screening test for ovarian cancer is better than others to detect the condition early. Modern medicine's most promising method of detecting early stages of ovarian cancer is by detecting high levels of the protein CA-125 in a woman's blood. "This study is unique because it looks at the rate of increase in CA-125 levels over time," says Daniel Tobias, MD. "We want to know if a steady increase indicates an early-stage cancer, before the levels are high and it's already a late-stage cancer."

Study volunteers should be postmenopausal women, ages 50-74. There are currently about 800 women enrolled. Participation requires a simple blood test yearly and possibly an ultrasound, plus answering surveys. ▲

To join this study, contact researchers at 973-971-6491 or ovarian.screening@atlantichhealth.org.

For more Atlantic Health System clinical trials and research, please visit research.atlantichhealth.org.

POINT IN OUTPAT

A TURNING



IENT BACK SURGERY

A lifelong athlete, Stacey Tashjian, 44, of Hackettstown, has grown to understand that some physical discomfort – and even pain – comes with pushing yourself. Increasingly, chronic back pain became her biggest hurdle, for sports and for everyday activities.

But just a few months ago, she awoke to a great surprise.

“Every morning for the last nine years, I’d get out of the bed and spend the rest of the day managing my pain,” she says. “Then one morning, it just wasn’t there. And it hasn’t come back. Since then, I feel like a different person. My scar is so tiny you can barely even tell I had surgery.”

The turning point was an innovative spine surgery at Atlantic Health System’s Hackettstown Medical Center. There, neurosurgeon Carl Spivak, MD, had perfected a new outpatient procedure to repair spine damage without traditional surgery.

HOME THE SAME DAY

Traditionally, spine surgery requires a large incision so that the physician can clearly see the area of repair. But Dr. Spivak uses an endoscope (a small, long tube containing a “microcamera”) and tiny tools to fix the area of damage. Surgery time is shorter, recovery is faster and patients go home the same day.

“Our technique allows us to use the natural opening in the bones of the spine to reach the damage,” Dr. Spivak says. “This is a major advance in spine surgery.”

NEW FOR THE SPINE

Though endoscopic surgery is common in knee repair, for example, few spine

surgeons today offer their patients the advantage of this technique, he says.

“The spine and nerves are very delicate, and so this surgery requires specialized training in endoscopic spine surgery,” Dr. Spivak says. “Most surgeons have not been trained in these new techniques.” Dr. Spivak has completed advanced training in complex spine surgery, minimally invasive spine surgery and interventional pain.

Because of his success with the procedure, more and more surgeons have approached Dr. Spivak for training. He has already taught over 30 classes on the technique to surgeons from across the U.S.

BACK ON TRACK

Stacey continues to be amazed by how good she feels, and she’s returned to all of her many sports, including one of the most physically challenging events for any athlete: half Ironman competitions. These are a grueling 70-mile combination of swimming, biking and running.

“During the one I did before surgery, my back was killing me during the entire bike portion,” she says. “But I just completed another one recently, after surgery, and I had no pain. It was unbelievable and hard to remember I was ever even in pain!”

“I used to have pain every single day and now, I rarely even take an over-the-counter pain medicine!” she says. “I can’t say enough good things about Dr. Spivak and everyone involved in my care at Hackettstown.”

**Contact HMCspine@atlantichealth.org
or call 1-800-247-9580 for referral
to a specialist.**

“I used to have pain every single day and now, I rarely even take an over-the-counter pain medicine!”

– Stacey Tashjian

HOW TO REACH OUR EXPERTS

To find out more information about Dr. Spivak and Atlantic Health System affiliated providers, visit atlantichealth.org/doctors.



CURING CHRONIC WOUNDS

Wounds that do not heal, or that heal very slowly, often need the attention of specialists in wound care. For those who live or work in the area, Atlantic Health System has established a team of specialists at the Wound Healing Center at Hackettstown Medical Center. It's part of a systemwide focus on wound care, and one of Atlantic Health System's six wound treatment centers.

"Wound healing centers understand the process behind healing, why healing might have stalled and what treatments can jump-start it," says Loretta Ritter, RN, who manages the teams at two of Atlantic Health System's wound healing centers.

Wound care specialists treat patients with diabetes, kidney disease and peripheral vascular disease, for example, when poor blood circulation can slow healing of wounds. They also care for patients with foot or leg ulcers and sores caused by pressure on the skin and tissue. Other common wounds are at the site of surgery and of an ostomy (a procedure to create an opening in the body to allow waste such as urine to drain).

The physicians, nurses and therapists at Hackettstown Medical Center have the training and experience for this range of conditions.

"We use the latest advancements to treat and prevent infection in wounds, in order to avoid loss of tissue," Ritter says. "Our goal is to help our patients get back to their daily activities and to avoid long-term disabilities related to wounds, including amputation."

The Wound Healing Center staff works alongside Atlantic Home Care, primary care physicians and other specialists. And as a team, Atlantic Health System's specialists are very successful.

"The majority of patients in our program, even those who have had chronic wounds for years, heal successfully," Ritter says. "In fact, Atlantic Health System's wound care centers have more than a 95 percent healing rate." ▲

Contact a specialist at the Wound Healing Center at Atlantic Health System's Hackettstown Medical Center: 908-979-8788.

"Our goal is to help our patients get back to their daily activities and to avoid long-term disabilities."

– Loretta Ritter, RN



A BETTER VIEW OF BREAST CANCER

3-D mammography comes to Hackettstown Medical Center

A regular mammogram is an essential tool in the battle against breast cancer. By examining images of breast tissue, doctors can find evidence of any cancer growth and act before it spreads. With new technology at Hackettstown Medical Center, doctors can spot tumor growth sooner than ever before. It's called 3-D mammography, or digital breast tomosynthesis.

MODERN MEDICINE

While conventional 2-D mammography combines four separate images, 3-D mammography layers hundreds of images together to give doctors a much more detailed picture of what is happening in the breasts. 3-D mammography "enables radiologists to identify smaller lesions, much earlier" than with conventional mammography, says Donia Lombardo, radiology manager for Hackettstown Medical Center. It also reduces "false positives" – warnings about possible tumor growth that turn out to be benign.

A 2014 study in the *Journal of the American Medical Association* found that 3-D mammography identifies more dangerous, invasive

tumors than 2-D mammography, and results in doctors calling back fewer women for invasive follow-up testing for false positive results.

CUTTING-EDGE TECHNOLOGY

The 3-D mammography capability at Hackettstown Medical Center became available in September 2017. "Patients will not notice any change in the length of the test or how the mammogram procedure is performed; the difference is in the three-dimensional technology and the images produced," Lombardo says. Women can opt to return back to conventional 2-D mammography if they choose as well.

Women's Imaging Services at Hackettstown offers evening appointments and Saturday appointments, to help women fit this important screening into their busy schedules, Lombardo says. "3-D breast tomosynthesis is the gold standard of mammography across Atlantic Health System, and Hackettstown Medical Center is very excited to now offer this technology to our patients." ▲

**Call 908-850-6842 to
schedule radiology services.**

Are You at Risk for Heart Disease?



CORONARY ARTERY CALCIUM SCANS

A calcium scan detects calcifications in the coronary arteries, which can be an early sign of coronary heart disease. This fast and simple test is performed on a CT scanner and does not require blood draws or IV contrast. All scans are interpreted by a specialist in cardiac imaging affiliated with the Gagnon Cardiovascular Institute. The cost of the scan is \$99.

To schedule this test at one of the Atlantic Health System Radiology sites, please call:

Morristown Medical Center: 973-971-7750

Newton Medical Center: 973-940-8730

Overlook Medical Center: 908-522-2065

**Morristown Medical Center Health Pavilion
at Rockaway: 973-971-7750**

Chilton Medical Center: 973-831-5089

Many people across the country take heart health for granted. Colleen Coughlin, MD, FACC, cardiologist for Atlantic Medical Group, and a leading specialist at the Gagnon Cardiovascular Institute, thinks it's time for some straight talk about cardiac health.

"We're seeing more and more patients with prediabetes, high cholesterol, hormonal disturbances, elevated blood pressure and excessive waist circumference," says Dr. Coughlin. "This is not a good sign. If you – or someone you know – is in one of these higher-risk groups, talk with your primary care physician about screening options."

Dr. Coughlin offers a simple test anyone can conduct at home. Grab a tape measure and wrap it around your waist at the belly button. If your waist measures above 35 inches for women or 40 inches for men, you are likely in a higher-risk category for metabolic syndrome and consequently, heart disease.

For starters, have your blood tested for cholesterol.

If you pass with flying colors, keep doing what you're doing and have it repeated every five years. If your waist circumference, blood sugar or blood pressure is elevated, your primary care physician will help you determine the best action plan.

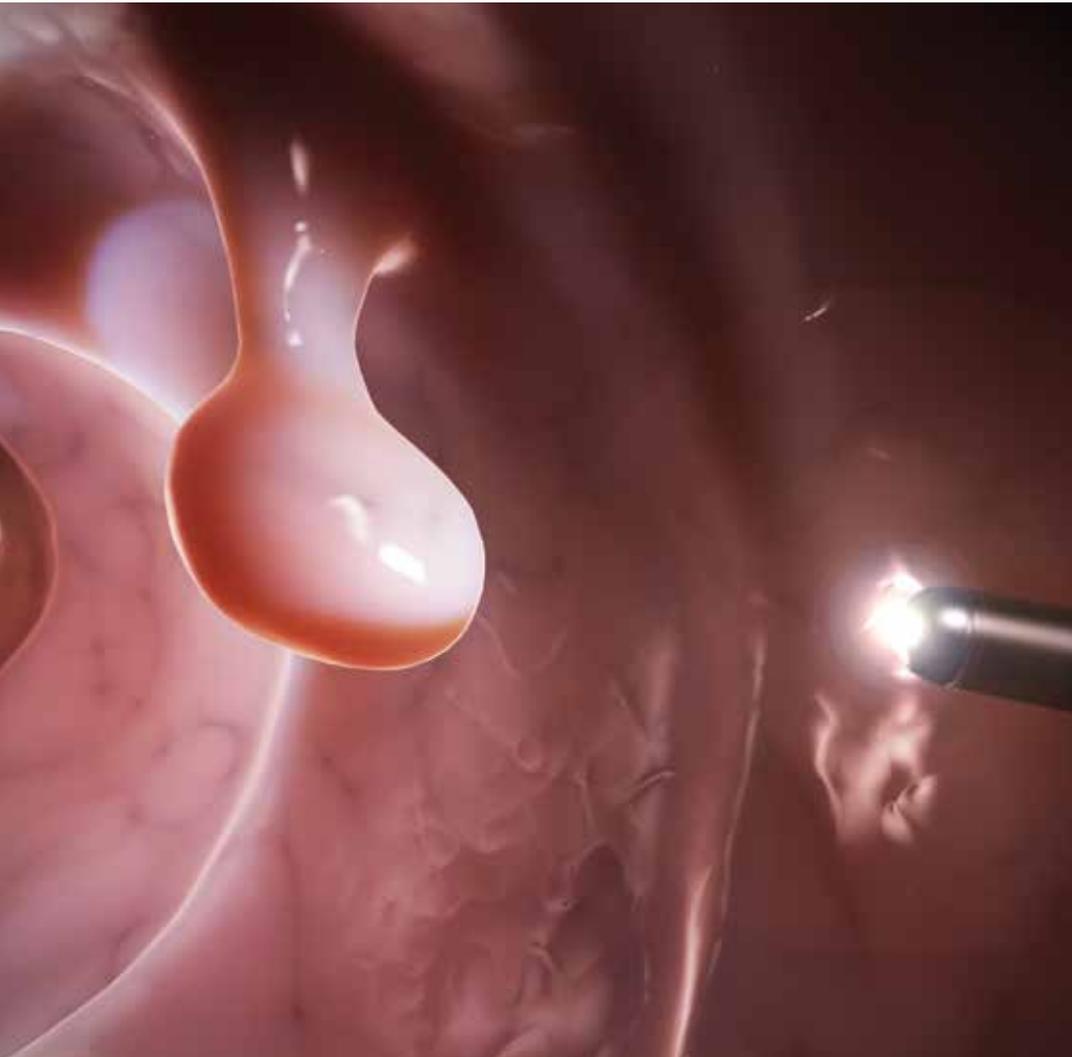
"I would rather see people in our community focus on optimal heart health at a younger age," says Dr. Coughlin. "Eating healthier foods and exercising regularly will reduce your risk from a cardiovascular standpoint." If you smoke or have a family history of heart disease, being proactive with preventive measures can have a big impact in your long-term health. A CT coronary calcification score, a simple, inexpensive test, can identify individual risk.

February is Heart Health Month, so there's no time like the present to call your doctor to schedule an appointment to discuss your heart health. **▲**

For more information, call 973-971-8900 or visit atlantichealth.org/gagnon.

ATLANTIC MEDICAL GROUP

Dr. Coughlin is part of Atlantic Medical Group, a multispecialty network of health care providers. Visit atlanticmedicalgroupnj.org.



Colon Cancer Awareness

Knowing symptoms is the first step to prevention

Colon health awareness is in the midst of a “good news-bad news” conundrum. The good news: Awareness is at an all-time high, with national campaigns and regular physician reminders emphasizing the importance of colon cancer screenings.

But while awareness is on the rise, colon cancer remains a leading cause of death – it’s No. 2 among men and No. 3 for women. And what’s most concerning is an increase in colorectal cancer at earlier ages.

“We are starting to see a younger trend,” says Donna Seidman, RN, BSN, CHPN, gastrointestinal nurse navigator for Overlook Medical Center. “The majority of patients we see range in age from their mid-40s and up. However, we’re starting to see individuals in their late 20s to early 30s. No matter your age, have a conversation with your physician. Evaluation is critical if symptoms are present.”

March is Colon Cancer Awareness Month. Regular checkups can catch colon cancer early and improve treatment outcomes.

The best prevention? Regular checkups. You have a better chance of cancer prevention when a physician understands your family history and establishes a colon health baseline. Talk to your doctor to determine which test is best for you. Tests could include a home screening test, fecal occult blood or immunochemical testing, or in-hospital screenings such as a colonoscopy, sigmoidoscopy, barium enema or virtual colonoscopy, all of which are available throughout Atlantic Health System.

It’s also important that you monitor yourself daily, for symptoms such as:

- **Rectal bleeding or blood in the stool**
- **Changes in bowel habits, including diarrhea or constipation**
- **Changes in stool consistency that lasts longer than four weeks**
- **Persistent abdominal discomfort such as cramps, gas or pain**
- **A feeling that your bowel does not empty completely**
- **Weakness or fatigue**
- **Unexplained weight loss**

If you experience any of these symptoms, talk to your primary care doctor right away to determine the next steps needed for complete evaluation. ▀

ATLANTIC MEDICAL GROUP

Dr. Chinn is part of Atlantic Medical Group, a multispecialty network of health care providers. Visit atlanticmedicalgroupnj.org.

In a Hurry? Grab a Healthy Bowl

A new food trend offers more convenience

The next time you stop at your favorite fast-casual restaurant, do not be surprised to see a section dedicated to bowls. More and more eateries have been tweaking their menus to accommodate guests looking for a faster dining alternative.

But even though these options may seem more appealing, the same healthy nutrition rules apply.

"Bowls are convenient, but not all of them are healthy," says Mary Finckenor, registered dietitian for Morristown Medical Center. "There are acai bowls, burrito bowls, veggie bowls, rice bowls and others. Some are full of nutrition, and others aren't."

A STRAIGHTFORWARD CHOICE

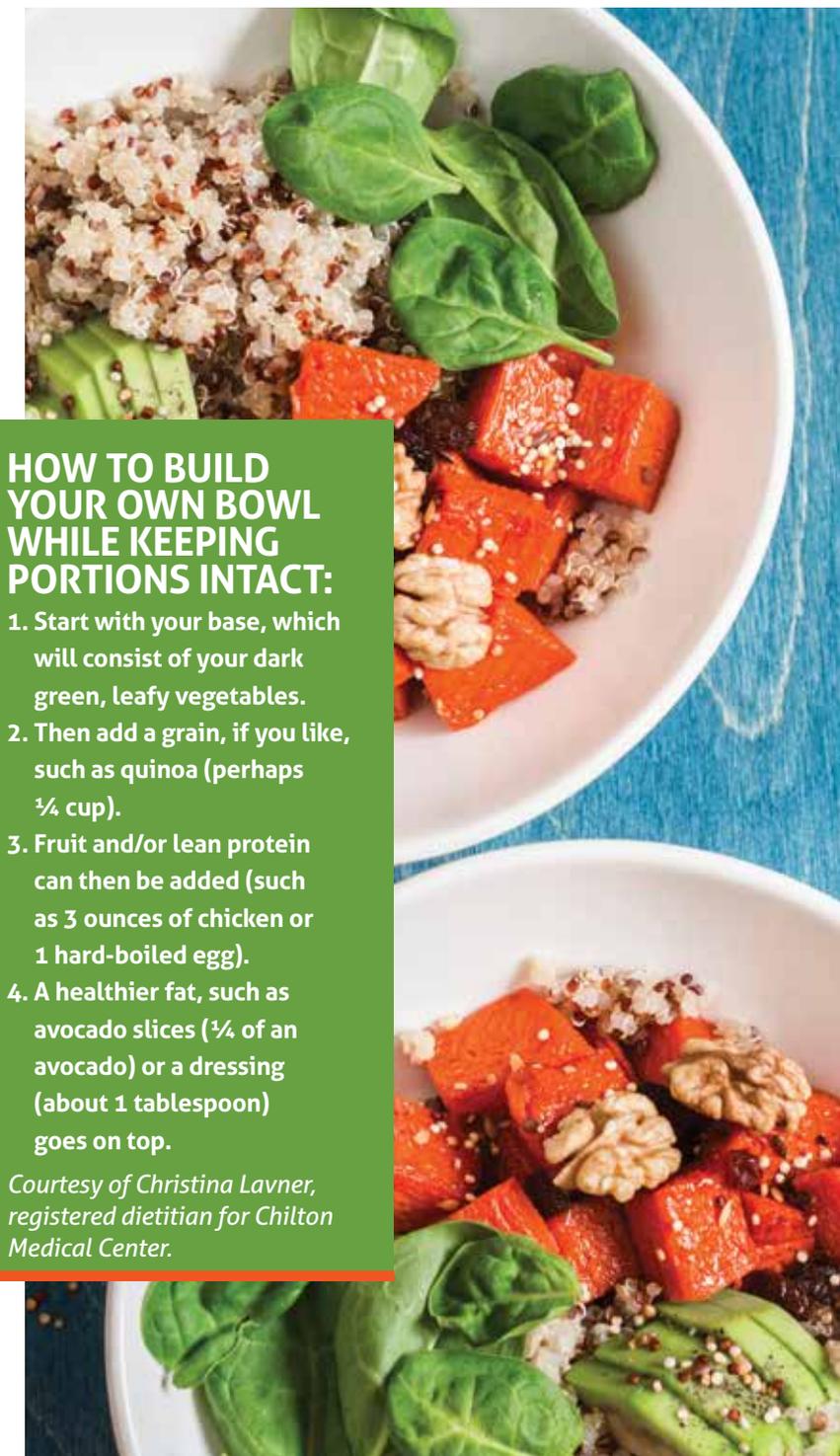
Picking a healthy bowl can be as simple as looking at the ingredients list. If the bowl is mostly fruits, vegetables or lean proteins, you're probably in the clear. If you spot fried chicken, cheese and other fatty culprits, then you should be wary.

"Always do your research," says Sabrina Lombardi, clinical nutrition coordinator of Food and Nutrition Services for Newton Medical Center. "If a restaurant offers the option of creating your own bowl, that's even better; you can control what goes in it."

THE BEST OF BOTH WORLDS

So why are bowls popping up everywhere? Convenience is one reason, notes Jane DeWitt, clinical nutrition coordinator of Food and Nutrition services for Hackettstown Medical Center. In an always-connected world, it can be difficult making time for yourself – including time to eat. A grab-and-go option that's easy to take back to your desk is a natural result of hectic lifestyles.

"When you're busy, you don't want to waste time," Finckenor says. Knowing that you can grab or create a healthy bowl and be on your way is just more appealing than sitting down and waiting for food. As long as you make the right choices, you can have the best of both worlds: convenience and nutrition." ◀



HOW TO BUILD YOUR OWN BOWL WHILE KEEPING PORTIONS INTACT:

1. Start with your base, which will consist of your dark green, leafy vegetables.
2. Then add a grain, if you like, such as quinoa (perhaps $\frac{1}{4}$ cup).
3. Fruit and/or lean protein can then be added (such as 3 ounces of chicken or 1 hard-boiled egg).
4. A healthier fat, such as avocado slices ($\frac{1}{4}$ of an avocado) or a dressing (about 1 tablespoon) goes on top.

Courtesy of Christina Lavner, registered dietitian for Chilton Medical Center.

New Innovations at Hackettstown Medical Center



Supporting Hackettstown Medical Center and the communities it serves is the ongoing mission of the Foundation for Hackettstown Medical Center. In this endeavor, the foundation has been able to add new, innovative equipment to the medical center in 2017 through its fundraising efforts.

Most recently, the foundation funded the latest in mammography technology, the digital breast tomosynthesis (DBT), often referred to as a 3-D mammogram. This new tool can detect small tumors, decrease false positives and the need for repeat mammograms. Patients who benefit the most are those who are at risk for developing breast cancer and/or have a history of needing follow-up diagnostic mammograms after a routine, annual screening.

The Foundation for Hackettstown Medical Center also awarded a grant to the Respiratory Department to begin a new smoking cessation program, which is free to the public. This new program meets weekly for six consecutive weeks, and is facilitated by certified tobacco treatment specialists.

Additionally, in our constant effort to provide Hackettstown Medical Center with the latest innovations, the Foundation for Hackettstown Medical Center funded Lab Services with Sysmex XN-2000 analyzers, increasing quality, and reducing turnaround time. A commonly used blood test, the CBC, now takes an average of eight minutes, reduced from 35 minutes.

Community involvement is also on the forefront for the foundation, as Lisa Dimiceli, manager of community and donor relations, and Michaelen Graham, chief

development officer, shared in the Washington Festival in the Borough, Hackettstown Community Day, and hosted the Holiday Lights Festival on the campus of Hackettstown Medical Center. Many community members shared these great events with us.

The Foundation for Hackettstown Medical Center relies on donations from the community to fund some of the current needs and future enhancements of the hospital. You can help make an immediate impact on urgently needed health services in our community by making a donation of any size. Your contribution remains a part of your local community. ▲

**The Foundation for
Hackettstown Medical Center
651 Willow Grove St.
Hackettstown, NJ 07840
908-850-6876
Follow us on Facebook!
hrmcnjfoundation.org**

1. Hackettstown Medical Center's Foundation and Community Health took part in Washington's Festival in the Borough, informing guests of the hospital's services.

2. 3-D mammography is revealed in diagnostic imaging with the mammography techs and the Foundation Director.

3. Air One landed on Community Day in Hackettstown, and guests were given a closer look at the medical helicopter.

4. Hackettstown Medical Center laboratory staff with the latest innovation: a Sysmex analyzer that reduces times and increases quality.



BEHAVIORAL HEALTH

BETTER BREATHERS CLUB

A discussion about pulmonary disease such as COPD and asthma. We will also discuss traveling with oxygen as well as pulmonary rehabilitation.

Thursdays, January 11, February 8 and March 8
1:30-2:30pm

Hackettstown Medical Center, 1st Floor
Conference Dining Room, 651 Willow Grove St.,
Hackettstown, NJ 07840

For more information, call 908-441-1192.

FAMILY EDUCATION SERIES ON ADDICTION

Mondays, 6:00-7:00pm
Hackettstown Medical Center, Counseling
Center, 112 East Ave., Hackettstown, NJ 07840
For more information, call 908-850-6810.

COMMUNITY HEALTH AND SCREENINGS

ADVANCEMENTS AND ALTERNATIVES TO MINIMALLY INVASIVE SPINE SURGERY

Join Carl Spivak, MD, FRCS(C), of Executive
Spine Surgery to learn the benefits
of minimally invasive spine surgery

and recent advances in surgical and
nonsurgical treatment options for common
back conditions, including degenerative
disks, scoliosis and compression fractures.
Tuesday, April 17, 6:00-7:00pm
Hackettstown Medical Arts Building, Center for
Healthier Living, 108 Bilby Road, Suite 101,
Hackettstown, NJ 07840
To register, call 1-800-247-9580.

BABYSITTING BASICS

Mondays, February 5 and 12 or March 5
and 12, 5:30-8:30pm
\$45 for each two-part session
Hackettstown Medical Arts Building, Center for
Healthier Living, 108 Bilby Road, Suite 101,
Hackettstown, NJ 07840
For more information, call 908-850-6935.

FALL RISK SCREENING

Screening can identify potential balance
problems that may increase your risk of
falling. Participants will receive a printout
of evaluation and information on how to
improve their balance. To schedule an
appointment, call 908-850-6925.

SMOKING CESSATION (6-WEEK PROGRAM)

A six-week program led by a certified tobacco
treatment specialist.

Hackettstown, Medical Center, 651 Willow
Grove St., 1st Floor Conference Dining Room,
Hackettstown, NJ 07840

For more information, call 908-979-8797.

DIABETES WELLNESS

LIFESTYLE CHANGES FOR DIABETES PREVENTION AND MANAGEMENT

Get information on steps you can take to
prevent diabetes. This specially designed
workshop is led by a registered dietitian.
Friday, January 19, 1:00-2:00pm; Wednesday,
February 21, 4:30-5:30pm; Thursday, March 22,
4:30-5:30pm
Hackettstown Medical Arts Building, Center for
Healthier Living, 108 Bilby Road, Suite 101,
Hackettstown, NJ 07840

MEDICAL NUTRITION COUNSELING

Individual sessions
Hackettstown, Medical Center, 1st Floor
Conference Dining Room, 651 Willow Grove St.,
Hackettstown, NJ 07840
For more information, call 908-441-1482.

HEART HEALTH

HEALTHY HEARTS

This group is for individuals with cardiac disease such as congestive heart failure, high blood pressure and coronary artery disease. *Wednesdays, January 3, February 7 and March 7, 12:30-1:30pm*
Hackettstown Medical Center, 1st Floor
Conference Dining Room, 651 Willow Grove St., Hackettstown, NJ 07840
For more information, call 908-441-1192.

HEART HEALTH PROGRAMS

- AHA e-Learning Option
- BLS for Healthcare Provider
- CPR for Family and Friends
- Heartsaver CPR AED
- Heartsaver First Aid
- Pediatric First Aid CPR AED

Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
For more information and registration, visit atlanticambulance.org.

SUCCESS WITH HEART FAILURE

Heart failure affects about 6 million Americans and costs the U.S. \$32 billion annually. This program will focus on the symptoms, major causes and treatment options of the condition. Self-management tools and tips will also be discussed. Light lunch provided for free. *Tuesday, February 13, Noon-2:00pm*
Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
To register, call 908-850-6935.

PARENTING & CHILDBIRTH

BREASTFEEDING

Bring a doll to practice with. *Tuesday, January 9, 6:30-9:00pm*
\$40.00 per couple.
Hackettstown Medical Arts Building, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
For more information, call 908-850-6935.

CHILDBIRTH EDUCATION

Please bring a lunch and snacks with you. *Saturday, January 13, 8:30am-3:30pm*
\$130.00 per couple
Hackettstown Medical Arts Building, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840.
To register, call 908-850-6935.

SENIOR HEALTH

AARP SAFE DRIVING (2-DAY CLASS)

This two-day course covers several driving issues. Completion of this course may qualify you for a reduction in your insurance premium or point reduction. Pre-registration is required. *Tuesday, March 13, 9:00am-12:30pm; Wednesday, March 14, 9:00am-12:30pm*
\$15 for members; \$20 for non-members
Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
For more information, call 908-850-6935.

BACK IN TIME: BATTLE OF DUNKIRK

The Battle of Dunkirk was an important battle that took place in Dunkirk, France, during the Second World War between Allies and Germany. The Battle of Dunkirk was the defense and evacuation of British and Allied forces in Europe from May 26 through June 4, 1940. *Thursdays, March 8 or 15, 10:30-11:30am*
Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
To register, call 908-850-6935.

CARFIT PROGRAM FOR SENIORS

This session is all about keeping the senior driver safe in his or her vehicle. CarFit is a free, interactive and educational program that teaches participants how to make their personal vehicle "fit" them and increase safety and mobility. A CarFit technician will teach you how to use and adjust your vehicle's devices and review key areas such as adequate space from the steering wheel, proper seat belt use and properly adjusted head restraints. This is not a driving test or mechanical inspection. Each person will be evaluated in their own car by a CarFit trained technician. Appointments are required. *Tuesday, March 27, 10:00am-Noon*
Bentley Commons at Paragon Village. Rt. 46 East, Hackettstown, NJ 07840
To register, call 908-850-6935.

TECHNOLOGY FOR SENIORS

Learn more about your cellphone, computer or tablet. Work one-on-one with a student from Hackettstown High School. *Tuesday, March 20, 11:00am-Noon*
Hackettstown High School, 599 Warren St., Hackettstown, NJ 07840
To register, call 908-850-6935.

TOTAL HIP AND KNEE REPLACEMENT

Learn reasons why you may need a joint replacement, and what to expect from the day you decide to have a joint replacement through your rehabilitation. *Tuesday, February 27, 11:00am-Noon*
Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
To register, call 908-850-6935.

SUPPORT GROUPS

MULTIPLE SCLEROSIS

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

OVEREATERS ANONYMOUS

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

SNORING CLINIC

A seminar on snoring, sleep apnea and other potentially serious sleep related disorders. Individual counseling is available. To meet with a board-certified Sleep Specialist, call 908-979-8797.
Hackettstown Medical Center, 3rd Floor West Wing Sleep Lab, 651 Willow Grove St., Hackettstown, NJ 07840

THE ARC OF NEW JERSEY

Council One is a Self-Advocacy group representing Warren, Hunterdon, Sussex and Morris Counties. Meetings are open to all adults with intellectual and developmental disabilities. Meets the third Thursday of the month, 5:00-7:00pm
Hackettstown Medical Center, Gene C. Milton Conference Room, 651 Willow Grove St., Hackettstown, NJ 07840

Atlantic Health System

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