

# AtlanticView

at Hackettstown | Spring/Summer 2019



MOMENTS THAT MATTER  
COLLABORATIVE CARE  
MAKES A DIFFERENCE  
Read Shannon's Story on Page 6

Transforming  
Cancer Care

Bariatric Surgery:  
Now Available in Your  
Community



Atlantic Health System  
Hackettstown Medical Center



## LETTER FROM THE PRESIDENT

Greetings,

I am proud to share with you that Hackettstown Medical Center has received accreditation in echocardiography by the Intersocietal Accreditation Commission (IAC) and 2018 Get with the Guidelines® – Stroke Silver Plus Achievement Award with Target: Stroke Honor Roll Elite Plus by the American Heart Association/American Stroke Association.

In this issue of *AtlanticView at Hackettstown*, you'll read about big changes to the Emergency Department, including new leadership, a larger treatment room, advanced medical equipment and streamlined access to care. You'll meet Shannon, whose cardiac condition was caused by an overactive thyroid and diagnosed and treated by a team of specialists who saved her life. You'll discover Atlantic Health System's groundbreaking partnership in cancer research. In our Community Calendar, you'll find classes, activities and support groups to keep you busy throughout the year.

Atlantic Health System has once again been named by Great Place to Work® and *Fortune* to its list of "100 Best Companies to Work For." This is the 11th year in a row that we have received this honor. In addition, Atlantic Health System was also named to the "Best Workplaces for Women" list for the fourth year in a row.

Atlantic Health System was also recognized for the "cleanest hands in healthcare" due to its high level of sustained hand hygiene compliance to decrease hospital-acquired infections.

We share these honors to assure you that we take the utmost responsibility to uphold the highest standards and to continually strive to provide the highest quality of care to you, to our staff, and to our communities.

Our electronic health record system, Epic, enables us to seamlessly connect to Morristown Medical Center and all Atlantic Health System medical centers and offices. We've launched Atlantic Anywhere, a new app that allows you to access Atlantic Health System, your medical record, request refills on your prescriptions, and the ability to schedule an appointment with more than 150 doctors, or even see a doctor 24/7 through a Virtual Visit.

On behalf of everyone at Hackettstown Medical Center, we wish you and your loved ones a healthy and happy spring and summer.



*DiPaolo*

**JOSEPH DIPAOLO**

President, Hackettstown Medical Center

# AtlanticView

at Hackettstown | Spring/Summer 2019

Managing Editor, *AtlanticView at Hackettstown*: **Vicki Banner**

Assistant Editor: **Beth Sisk**

Contact information: **Atlantic Health System, 475 South St., Morristown, NJ 07960**

Email: **atlanticview@atlantichealth.org**

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For additional information, visit **atlantichealth.org**.

**Atlantic Health System**, an integrated health care delivery 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.

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**OFFICIAL HEALTH CARE PARTNER**

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# CEO's corner

## Care on Consumers' Terms

When I joined Atlantic Health System, one of my highest priorities was to deliver a more convenient, seamless experience for every patient. Our team has worked tirelessly to make that goal a reality.

Harnessing technology and innovation, we are making it easier to find the care you need, schedule time with your physicians, and navigate our growing network of health and wellness services.

Our most recent advancement toward more convenient care puts you in the driver's seat. The easy-to-use Atlantic Anywhere mobile app lets you connect with us anytime, anywhere – right from your smartphone. Use it to access your medical records and test results through MyChart, book appointments with participating physicians, and even schedule a virtual visit to speak with a doctor 24/7 from the convenience of your phone or computer.

Atlantic Health System was built to provide you and your family with the highest quality care. Our entire team is dedicated to designing a more convenient future for health care, where we care for you on your terms.

In this edition, we share stories of real-life health and wellness journeys of people like you in our communities. We hope you enjoy the issue and as always, thank you for entrusting Atlantic Health System with your care.



*Brian A. Gragnolati*

Brian A. Gragnolati  
President & CEO,  
Atlantic Health System

# health briefs

Working Toward a Healthier Community

## ATLANTIC HEALTH SYSTEM EARNS SPOT FOR 11TH YEAR ON FORTUNE'S '100 BEST COMPANIES TO WORK FOR®' LIST

Proving that being extraordinary matters, Atlantic Health System, a leading provider of health care in New Jersey, was once again named to *Fortune's* "100 Best Companies to Work For®," for the 11th consecutive year on the prestigious annual list.

"Our culture of innovation, trust and respect drives our success," says Brian Gragnolati, president and CEO of Atlantic Health System. "Every member of our team is focused on quality and doing what is best for our patients and their families. As a result, we are delivering the best possible care and ensuring an innovative, collaborative workforce that is excited about the impact of their contributions."

"The strength of our organization is driven by the unique and individualized experiences of our team members and with everything we do, we are focused on providing a culture of inclusion and respect where every person is accepted and appreciated," says Nikki Sumpter, senior vice president and chief human resources officer, Atlantic Health System. "We have a phenomenal culture fostered by teamwork and camaraderie. I continue to be inspired by the commitment of each and every team member."



## Atlantic Health System Makes *Fortune's* 'Best Workplaces for Women' List

*Fortune* has named Atlantic Health System No. 38 on its list of the "Best Workplaces for Women." The list has been published four times, and this marks Atlantic Health System's fourth year on the list. In addition, Atlantic Health System is the only health care organization in New Jersey to be recognized.



With a dynamic workforce made up of more than 75 percent women, Atlantic Health System is proud of its culture of inclusion that ensures all our colleagues are treated equitably and are able to achieve their personal and professional goals in a caring and supportive environment. Atlantic Health System's Women's Leadership Council was developed last year to create further opportunities for women across the system.

## COMMUNITY CARELINKS

Community CareLinks is a community-based, integrated care management program that improves quality of life and promotes health from a person-centered perspective. We provide services to Warren County residents with a suspected or confirmed mental health or co-occurring condition who either frequently utilize the Emergency Department and/or have complex needs. For more information, please contact [communitycarelinks@atlantichealth.org](mailto:communitycarelinks@atlantichealth.org) or 908-441-1561.



## WE WANT TO HEAR FROM YOU

Would you like to share your experience at Hackettstown? Please help us spread the word and help more people in our community. Review us on Facebook, Google or Yelp.

### ATLANTIC ANYWHERE: We're Here When You Need Us

Atlantic Anywhere allows you to connect to Atlantic Health System anytime, anywhere. Find doctors, manage your personal health information, track important health indicators, schedule a Virtual Visit and much more:



- Easily search and schedule appointments with health care providers in your area.
- Access and securely manage your Atlantic Health System medical information through MyChart: refill medications, communicate with your physician, view lab results and book appointments with participating physicians.
- Get easy directions and maps to Hackettstown and other select sites.
- Track common health indicators, including weight, blood pressure, sleep patterns, pregnancy and more.
- See a doctor 24/7 through a Virtual Visit.
- View information that can help you prepare for your visit.
- Connect to many activity devices and apps, including Nike+, Runkeeper, Fitbit and more.
- Keep track of your medications and dosing schedule.
- Access insurance information and/or pay your bill online.

And do not forget, you can easily share all this data with your doctors, family and friends. Download Atlantic Anywhere by searching "Atlantic Anywhere" in the iTunes Store or Google Play Store.

**Visit [atlantichealth.org/atlanticanywhere](http://atlantichealth.org/atlanticanywhere).**

### ATLANTIC HEALTH SYSTEM RECOGNIZED FOR HAVING THE 'CLEANEST HANDS IN HEALTHCARE'

DebMed has awarded Atlantic Health System the 2018 Hand Hygiene Excellence Award for having the "cleanest hands in healthcare" due to its high level of sustained hand hygiene compliance.

With initial goals to decrease hospital-acquired infections and accurately measure hand hygiene compliance, Atlantic Health System introduced the DebMed Electronic Hand Hygiene Compliance Monitoring System in July 2015. Atlantic Health System expanded use of the DebMed program to its six hospitals, achieving a sustained 57 percent improvement over baseline during a 12-month period.

The DebMed Electronic Hand Hygiene Compliance Monitoring System is the only research-based, badge-free system able to track compliance based on the World Health Organization's "5 Moments" and the CDC's hand hygiene standards.



### EPIC PROPELS ATLANTIC HEALTH SYSTEM INTO A TRULY INTEGRATED SYSTEM AND TRUSTED NETWORK OF CARING

One patient, one record, one Atlantic Health System. That's the guiding principle behind Epic, the transformational endeavor that has propelled Atlantic Health System into a new era of patient care by providing innovation, staff collaboration and an enhanced patient experience ... systemwide.

Epic elevates the health care experience for patients and providers by engaging patients as active partners in health care, enabling collaboration among physicians, facilitating communication and improving access to information.

When you are treated by one Atlantic Health System physician, that



information becomes accessible to all Atlantic Health System physicians. This translates into more streamlined care, less duplication of tests and enhanced communication. As an Atlantic Health System patient, you share ownership of your personal Epic record through MyChart, a patient portal that allows 24/7 access to portions of your electronic medical record. **To learn more, visit [mychart.atlantichealth.org](http://mychart.atlantichealth.org).**

# BONE CANCER vs. BONE TUMOR



**James C. Wittig, MD, internationally recognized orthopedic oncologist**

When diagnosed with a bone tumor or bone cancer, some patients may not understand all of their options when determining which medical professional they should contact first.

"The terms bone cancer and bone tumors are very general terms," says James C. Wittig, MD, chairman of Orthopedic Surgery, Morristown Medical Center; and medical director of Orthopedics, Orthopedic Oncology and Sarcoma Surgery, Atlantic Health System. "Bone tumor refers to an abnormal growth in the bone. There are many different types of bone tumors, both benign and cancerous. A bone cancer is a malignant type of bone tumor."

When a bone cancer arises directly from the bone, it is called a primary bone cancer or a sarcoma. When a different type of cancer spreads from another site, such as a breast cancer, to the bone, it is considered a secondary bone cancer, also called a metastatic bone cancer.

## TAILORED CANCER TREATMENTS

Primary sarcomas are treated with specific chemotherapy regimens and often surgeries designed to save the limb (limb-sparing). Secondary bone cancers are treated according to where the cancer started. For instance, a breast cancer that spread to the bone would be treated with chemotherapy specific for breast cancers.

Common examples of cancers that can spread to the bone include breast cancer, lung cancer, prostate cancer, kidney cancer, thyroid cancer and gastrointestinal cancer. Both sarcomas and metastatic bone cancers can be debilitating if left untreated, or greatly impact mobility and lifestyle.

"It is important to differentiate between the various types of cancers that affect the bone because each has its own type of treatment and prognosis," Dr. Wittig says.

## CHOOSING THE RIGHT SPECIALIST

When any tumor involving the bones is diagnosed, patients have a number of options of which physician to contact first. An oncologist is a doctor who treats cancer and provides medical treatments for a person diagnosed with cancer. The field of oncology has three major areas: medical, surgical and radiation.

An orthopedist is trained in the diagnosis, treatment, prevention and rehabilitation of disorders, injuries and diseases of the musculoskeletal (bones, joints, ligaments, muscles, nerves and tendons) system of the body.

Orthopedic oncologists are highly trained to treat cancers and other tumorous conditions of the musculoskeletal system. They are skilled in addressing benign or noncancerous tumors, bone and soft tissue sarcomas (primary musculoskeletal cancers), and pathologic fractures, which may result as a side effect from various cancers, Paget's disease or osteoporosis.

## ATLANTIC ORTHOPEDIC ONCOLOGY AND SARCOMA PROGRAM

Atlantic Health System recently launched its orthopedic oncology program for patients diagnosed with a bone tumor or soft tissue tumor. Led by Dr. Wittig, an internationally recognized orthopedic oncologist, Atlantic Health System's new orthopedic oncology program treats both adults and children and is one of only a few programs in the region to offer limb-sparing surgery for sarcomas.

"Patients who believe they have bone cancer or a bone tumor should reach out to an orthopedic oncologist, who can clinically and critically assess the patient with a multispecialist team, 'grade' the tumor, and develop an understanding of how the tumor is impacting the patient's musculoskeletal system and life," Dr. Wittig says. "Almost all patients with a primary sarcoma can be successfully treated with a limb-sparing surgery instead of an amputation."

The orthopedic oncology team develops an individualized, patient-specific approach taking diagnostic, clinical and lifestyle factors into consideration, and – in partnership with the patient and their support system – determine a tailored treatment plan.

In addition to medical needs, Atlantic Health System patients also benefit from cryosurgery, access to clinical trials that offer the latest advancements in technology and treatments; lymphedema management; nutrition and dietary education; pain management; art therapy; integrative therapy, including reiki healing and energy work; and patient and caregiver support groups. ▲

**Atlantic Health System's new orthopedic oncology program treats both adults and children and is one of only a few programs in the region to offer limb-sparing surgery for sarcomas.**

To find out more information about Atlantic Orthopedic Oncology and Sarcoma and Dr. Wittig, visit [atlanticealth.org/orthooncology](http://atlanticealth.org/orthooncology). Dr. Wittig can be reached at 1-833-292-2663.

# COLLABORATIVE CARE MAKES A DIFFERENCE

## A team of Atlantic Health System doctors collaborates on a complicated case to save a patient's life

If ever there was a case that shows medical teamwork in action, it's the story of 53-year-old Shannon Drylie. Shannon was rushed to Hackettstown Medical Center's Emergency Department suffering from shortness of breath, a persistent cough and a rapid heart rate. It appeared that she was undergoing a cardiac event. So when she arrived at the hospital, cardiologist Sapan Talati, MD, was called in.

"An initial EKG showed that she had a cardiac arrhythmia, which is when the heart is beating too fast," says Dr. Talati. "Her heart was continuously beating as if she had just run a marathon." Doctors initially gave her antiarrhythmic medication, but this failed to reduce her heart rate. They used a procedure called cardioversion, where electric shocks are sent to the heart through electrodes placed on the chest, to slow down the heart. Dr. Talati conferred with Morristown Medical Center endocrinologist Ronak Patel, MD, about some abnormal lab work. Once we confirmed with endocrinologist Dr. Patel that Shannon was suffering from severe hyperthyroidism, a condition that occurs when the thyroid overproduces hormones, we gave medications to control her thyroid levels at Hackettstown as well as medications to slow down her heart rate. Once her thyroid level started coming down, we attempted cardioversion at Hackettstown, which was successful in keeping her in normal sinus rhythm.

The thyroid, a small, butterfly-shaped gland at the front of the neck, produces hormones that control the speed of the metabolism. Shannon was found to have a large thyroid gland, which was producing an excessive amount of thyroid hormone that led to cardiac arrhythmia. She was adequately treated with methimazole, her hyperthyroidism resolved, and her cardiac function also improved. But her thyroid gland, which was huge to begin with, did not shrink, so she was referred to head and neck surgeon Tom Thomas, MD. "Her thyroid was so enlarged, especially



Shannon and her granddaughter, Emilee, with her horse, Dixie Rose.

on the right side, that it was going into her upper chest," says Dr. Thomas. "The trick about thyroid surgery is preserving the nerves to the vocal cords. The other issue is to preserve the parathyroid glands, which control the body's calcium levels."

After successful removal of her thyroid, Shannon's hormone levels normalized, although she will need to be on thyroid medication for the rest of her life. Shannon says she was not sleeping and eating well, and was tired during the day, all symptoms she suffered from that led up to the severe hyperthyroidism. "I didn't realize how sick I was until I had the thyroid taken out," says Shannon. "I haven't felt like this in five years, if not longer." Shannon says she is grateful for the team of doctors whom she says saved her life. "I've thanked them all profusely. Every one of them has had an effect on my life."

"This is a unique story because you're seeing the spectrum of hyperthyroidism from the perspective of a cardiologist, endocrinologist and a surgeon," says Dr. Patel. "The beauty of this case is we all worked as a team in a timely fashion. All the doctors had their A game out to take care of the patient." ▲

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### ATLANTIC MEDICAL GROUP

Drs. Patel, Talati and Thomas are part of Atlantic Medical Group, a multispecialty group of health care providers. For more information, visit [atlanticmedicalgroup.org](http://atlanticmedicalgroup.org).

Dr. Patel can be reached at 973-971-5524.

Dr. Talati can be reached at 908-979-1302.

Dr. Thomas can be reached at 973-971-7355.

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# Medicare Coverage for Home Care and Hospice

**D**id you know that Medicare pays for visiting nurses and rehabilitation therapists to help you heal at home? Medicare will pay for short-term, intermittent skilled care from a Medicare-certified home care agency such as Atlantic Home Care and Hospice. Often, your physician orders home care after a hospitalization or rehab stay. But he/she may also see a need to order these services from his/her office to prevent hospitalization. The focus of care is to return you to independence through rehabilitation and education.

In order to qualify for home care services under Medicare, your physician must order home care, you must be homebound (leave your home infrequently with the assistance of another person, usually for doctor's appointments), and you must have a skilled need. Skilled care refers to your need for the specialized services of a visiting nurse or physical, occupational or speech therapist. If you qualify for these services, you also may be eligible for a medical social worker to assist you in obtaining community resources, a nutritionist and a certified home health aide to assist you with personal care.

Hospice care is also covered 100 percent under Medicare if you have a life-limiting illness. Specially trained hospice

**In order to qualify for home care services under Medicare, your physician must order home care, you must be homebound, and you must have a skilled need.**

physicians, nurses, social workers, volunteers, chaplains, and home health aides work as a team to provide comfort, dignity, and support to you and your family.

Most other insurance companies have a home care and hospice benefit also. We verify your insurance coverage and make the process of referral as easy as possible. ▲

**For more information, call Atlantic Home Care and Hospice at 908-850-7747.**

# Hackettstown Medical Center TRANSFORMS EMERGENCY CARE

Imagine a trip to the Emergency Department that allows you to bypass the waiting room (even when you're not critically ill or injured), or to rest in a comfy recliner instead of a hospital bed. That may be your experience the next time you or a loved one visits Hackettstown Medical Center's redesigned Emergency Department. From top to bottom, the hospital has transformed its facility along with the delivery of care, introducing a myriad of enhancements to improve services for patients and their families.

"Our community's growing population has increased the need for emergency care," says Suvid Chaudhari, MD, medical director of the hospital's Emergency Department. Over the past several years, Emergency Department visits have surged dramatically with the hospital now treating up to 80 patients per day. "We had to adapt," explains Dr. Chaudhari, noting how recent changes are not about getting bigger, but getting better.

Visitors can expect a whole new approach to emergency care, beginning at the front entrance. The Emergency Department's triage process has been streamlined so most patients are immediately evaluated by a registered nurse and seen by a doctor or physician assistant within 10 minutes of arrival. Those same clinicians have been trained to start blood work and other testing, leading to quicker diagnosis and treatment. Plus, in many cases, patients spend less time in bed. Some have the option to wait for test results or therapy in a more relaxed environment furnished with new reclining armchairs and personal televisions.

The project also incorporated facility improvements. "We renovated our entire Emergency Department with input from our medical and nursing staff," says Dr. Chaudhari, "finding opportunities to optimize efficiency while ensuring that patients and loved ones are at ease during what is often a stressful time."

The redesigned space features 11 private treatment areas, two new "rapid treatment rooms" for initial assessments, and a larger trauma room with state-of-the-art medical technology and monitoring equipment as well as direct access to the Radiology Department for imaging procedures.



Furthermore, the hospital expanded its emergency care team. Joining the department's board-certified emergency medicine physicians, specialists, nursing staff and other



clinicians are two patient care liaisons who are available to answer questions, address concerns, and facilitate communication between patients and caregivers.

Those requiring advanced care continue to benefit from the vast services and expertise of Atlantic Health System. For example, telemedicine technology enables stroke patients to be evaluated remotely by a neurologist or neurosurgeon, while an on-site helipad is available to swiftly transport patients to one of the system's tertiary care hospitals for cardiac surgery or other critical needs.

Together, the changes add up to a new and improved Emergency Department at Hackettstown Medical Center. Patient satisfaction is on the rise alongside clinical distinctions in emergency care, including stroke intervention times that exceed national benchmarks.

Adds Dr. Chaudhari, "Our goal is to provide patients with the best experience and the best medical care, close to home." ▲

**To find out more information about Dr. Chaudhari and Atlantic Health System health care providers, visit [atlantichealth.org/doctors](http://atlantichealth.org/doctors). In an emergency, call 911.**

# MyChart GIVES YOU ONLINE ACCESS TO YOUR MEDICAL RECORD.

- Manage your appointments
- Download your record
- Access your test results
- Communicate with your doctor
- Request prescription refills
- View and pay your hospital bill online
- Access on your computer or mobile devices

*One Patient, One Record,  
One Atlantic Health System.*



To learn more, go to [atlanticealth.org/mychart](http://atlanticealth.org/mychart)



Atlantic Health System

## BARIATRIC SURGERY: NOW AVAILABLE IN YOUR COMMUNITY

If excess pounds have been piling up and weighing you down, bariatric surgery may be your road to wellness. That journey can begin here, at Hackettstown Medical Center.

Can you rattle off the list of diets you've attempted unsuccessfully? Have you lost – and regained, and added to – the same pounds over and over again? If you've been on this roller coaster for years and wish to achieve meaningful and sustained weight loss, it may be time to consider bariatric surgery.

### ARE YOU A CANDIDATE?

To qualify for surgery, patients must meet specific criteria: being at least 100 pounds overweight; having a BMI of 40 or more; or having a BMI of 35 or more with at least one obesity-related condition, such as hypertension, heart disease, diabetes, sleep apnea or osteoarthritis.

Hackettstown's dedicated team of fellowship-trained surgeons, anesthesiologists, nurses, technicians and facilitators are skilled in the unique needs of the bariatric patient. The program's concierge

department guides patients and their families through every step of the process, including comprehensive preadmission testing. All tests – from nutritional and psychological evaluations to imaging and lab work – can be completed within a single day at Hackettstown. Private patient rooms are designed for the safety and comfort of the bariatric patient.



### A LONG-TERM SOLUTION ... NOT A QUICK FIX

Surgery is only one part of the process; both before and after surgery, patients must commit to lifestyle changes as well. The commitment to a healthy lifestyle, which includes weight loss, takes work and a realistic understanding of goals. The Hackettstown program helps patients commit to becoming healthy and happy with their weight loss accomplishments. ▀

**For more information, contact Atlantic Health Weight & Wellness Center at 908-850-7747.**

## Reduce Meat and Increase Health With a Plant-Based Diet



In recent years, plant-based diets have grown in popularity. But you do not have to go completely meat-free to gain the health benefits. "Plant-based doesn't necessarily mean you are excluding meat from your diet," says Jane DeWitt, RD, manager, Food and Nutrition Services, Hackettstown Medical Center. "You can focus on getting some of your protein from plant-based foods like lentils, nuts, peanut butter or tofu." Sabrina Lombardi, dietitian for Newton Medical Center, adds, "Don't be afraid to experiment with different preparation methods of fruits or vegetables, such as grilling or roasting. This can enhance texture and bring out new flavors in foods."

Mary Finckenor, RD for Morristown Medical Center, agrees. "In a plant-based diet, meat and fish are not at the forefront of eating even though they can be included. A plant-based meal could include a smaller piece of fish, beef or pork, with more fruits and vegetables."

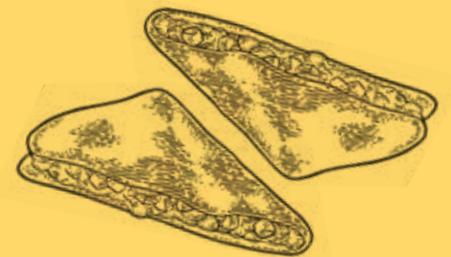
From a health standpoint, Finckenor says, "People who eat more plants are generally healthier. They have lower rates of cancer and heart disease, less obesity, better blood pressure, and reduce their risk of type 2 diabetes." Finckenor says fatty meat and animal products can increase inflammation in the body, which is linked to several chronic diseases.

When changing to a plant-based diet, DeWitt says nutritional needs to be aware of include increasing calcium, vitamin D and iron. "You don't necessarily need to take supplements because you can get those nutrients by increasing your intake of leafy green vegetables, tofu, broccoli or chia seeds."

Making the switch to plant-based eating can be an easy process. "Once or twice a week, have a meatless meal," says Finckenor. DeWitt recommends keeping a record of foods eaten. "You can decide what you want to decrease or eliminate and have a plan of what is going to replace that."

DeWitt says focusing on plant-based foods is a matter of making better choices. "People are probably nervous because they are thinking about all of the food they can't have. But fortunately, today in grocery stores there are so many more items available. You just want to stay away from refined or processed food and focus more on whole foods." ▲

### Recipe from Mary Finckenor **Quesadillas**



#### Ingredients

- 1 package flour tortillas (whole wheat if possible)
- 1 can refried beans
- Grated low-fat or 2 percent cheddar cheese
- Optional: cooked (sliced or ground) chicken, pork or beef
- Cooking spray
- Optional toppings: salsa, sour cream

#### Instructions

1. Spread a thin-medium layer of refried beans on one side of one tortilla. Top with optional chicken, pork or beef, and sprinkle cheese on top. Place another tortilla on top.
2. Spray a nonstick pan with cooking spray and place over medium heat.
3. Cook quesadilla 3-4 minutes on each side, or until tortillas are crispy and cheese has melted.
4. Remove from heat and cut into 8 wedges. Serve as is or with optional salsa and sour cream.

## ATLANTIC HEALTH SYSTEM TRANSFORMS CANCER CARE WITH GROUNDBREAKING PARTNERSHIP

To take advantage of new treatments that are available to cancer patients, Atlantic Health System has entered into a special partnership with the Translational Genomics Research Institute (TGen) and Origin Commercial Ventures. Together, they're developing a new platform to deliver economically viable immunotherapies and other breakthrough cancer treatments to the region.



### BETTER CARE AND COLLABORATION

The Breakthrough Oncology Accelerator flagship platform at Atlantic Health System will create a model to ultimately enable health systems around the country to provide faster access and better patient outcomes by enabling clinicians and researchers to share their knowledge and provide more options for patients.

Through the partnership, Atlantic Health System, TGen and Origin will leverage their proprietary platforms, expertise and collaborations to identify and deploy those resources that best help oncologists meet the needs of their patients.

"We're looking at an onslaught of really incredible medicine that's going to become available to cancer patients," says Cosmo Smith, managing partner, Origin CV. "It's our job to ensure that not only are there infrastructure, operating and clinical capabilities able to onboard these, but financing capabilities that put these therapies within reach of oncologists and their patients."

On the research side, TGen is hard at work investigating new therapies for cancer, neurological disorders, infectious disease and rare childhood disorders. Using advanced technology, TGen delves into the origins of cancer by exploring the human genome.

"TGen's genomic-based programs help develop cutting-edge therapies for patients whose tumors have progressed on all previous therapies," says Daniel Von Hoff, MD, TGen's distinguished professor and physician in chief. "We use all the science-based information we have to come up with a therapy that best fits that person."

Bringing everything full circle is Atlantic Health System. Eric Whitman, MD, medical director of Atlantic Health System Cancer Care, heads up the partnership's efforts at Atlantic Health System and has already seen interest from research companies. "We've brought on around 15 clinical trials as part of this partnership. This includes drugs and technologies that we never would have had access to in the past."

### PIONEERS IN HEALTH CARE DELIVERY

Atlantic Health System is the one health system selected by TGen and Origin to create this new platform. Why Atlantic Health System? Smith says Origin CV selected Atlantic Health System as a partner "because of its absolute undying desire to serve patients in a way that is not only compassionate but that provides the best options to those experiencing really complex cancers."

Another important element of the alliance is Atlantic Health System's pioneering approach. "I've rarely met such an entrepreneurial nursing and medical staff and business team across an organization," says Smith. "That's a credit to the leadership because in order to onboard these types of breakthrough medicine, you have to be willing to be innovative all the time."

TGen's Dr. Von Hoff concurs with Smith, "Atlantic [Health System] has a great developing center. They are anxious to bring new therapies to their patients, and their emphasis is clearly on patient care rather than just the science." ▲

See other clinical trials at our newly redesigned [atlantichealth.org/research](https://atlantichealth.org/research) site for clinical trials across Atlantic Health System that focus on various medical conditions.

# feel better, no appointment necessary

ATLANTIC HEALTH SYSTEM AND MEDEXPRESS COLLABORATE  
TO OFFER URGENT CARE SERVICES AT 12 SITES IN NORTHERN NJ

Unexpected illnesses and injuries are inconvenient, but getting great care doesn't have to be. That's why MedExpress is open 8-8 every day – so you never have to wait long to feel better.

Each center offers walk-in treatment for everyday illnesses and injuries such as colds and flu, breaks, sprains, and cuts. On-site services include X-rays, IVs, and stitches. These complement the primary and specialty care services offered by area care providers.

## LOCATIONS:

Bloomfield – 135 Bloomfield Ave.

Cedar Knolls – 118 E. Hanover Ave.

East Brunswick – 418 State Route 18

Hackettstown – 228 Mountain Ave.

Ledgewood – 501 State Route 10

Linden – 415 W. Saint Georges Ave.

Lodi – 184 Essex St.

Nutley – 124 Washington Ave.

Rockaway – 346 Route 46

Springfield – 200 US Highway 22

Totowa – 225 US Highway 46

Watchung – 1569 US Highway 22

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**E**xciting news for Hackettstown Medical Center patients: As a result of a generous foundation gift presented to Hackettstown Medical Center President Joe DiPaolo by John Johnson, on behalf of the Hackettstown Medical Center Foundation Board of Directors, two exciting projects will benefit from the funds and enhance the hospital's rapidly growing treatment areas, which include:

1. A new multiuse Interventional Lab is planned to replace the existing Vascular Lab and will be located in a dedicated operating room at Hackettstown Medical Center. Hybrid rooms are state-of-the-art, amazingly versatile and offer options you would not otherwise have in a conventional OR or Cath Lab. In addition to vascular patients, other patients will benefit, as well. For example, pain patients will now have a dedicated, technologically rich space that will be equipped to handle anything from simple pain injections to complex open cases using a fixed C-arm.
2. The radiation oncology department at Hackettstown Medical Center has seen increased patient volume over the past 12 months. Replacement of the linear accelerator in the Joan Knechel Cancer Center in 2019 will upgrade the department's linear accelerator unit to the newest and most advanced technology. Known as TrueBeam technology, it addresses the technical challenges of head and neck, breast, lung and prostate

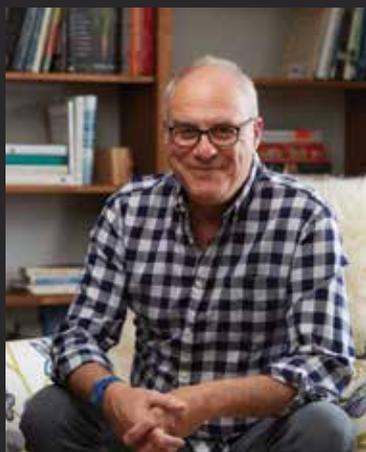
cancer. The upgraded system will also allow for more precise delivery of radiation doses to help preserve healthy tissue. The system continuously monitors tumor movement during the patient's treatment session and helps clinicians deliver radiation only when the tumor is in the right place, while the patient continues natural breathing, for a more comfortable experience.

"The completion of these projects will create a huge boon, not only for the hospital, but also for the communities we serve," says Joe DiPaolo, president, Hackettstown Medical Center. "It will also further show the community that Atlantic Health System wants Hackettstown Medical Center to succeed and is committed for the long haul."

The foundation is the fundraising arm of the hospital, and this gift represents the foundation's diligence in fundraising through planned gifts, general donations, bequests, event sponsorships and donations – all thanks to generous supporters in this region. All money raised by the Foundation for Hackettstown Medical Center stays here to support programs, services and technology needs at Hackettstown Medical Center. ▲

**For more information on the foundation and how to donate, visit [atlantichealth.org/hmcf](http://atlantichealth.org/hmcf).**

## Save the Date



VIP Room with celebrity guest, acclaimed author of 20 books and former *New York Times* columnist  
**Mark Bittman**

Newton Medical Center Foundation and the Foundation for Hackettstown Medical Center host

### AN EVENING OF **Wine** & Roses

**Thursday, May 16, 2019**

VIP Room 5:30 to 7:00pm

Wine & Cuisine Tasting 6:30 to 9:30pm

David & Carol Lackland Center at Centenary University  
717 Grand Avenue, Hackettstown, NJ

For more information and tickets, call the Newton Medical Center Foundation at 973-579-8309.

# community calendar Spring/Summer 2019

Registration is required for all programs through Hackettstown Medical Center's Health Information Services at **1-800-247-9580** (unless otherwise noted).

BEHAVIORAL HEALTH	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	All Behavioral Health events take place at Counseling and Addiction Center, 112 East Ave., Unit 9, Hackettstown, NJ 07840.			<b>AFTERCARE PROGRAM</b> Relapse prevention program for individuals who complete the adult intensive outpatient program.  Mondays and Thursdays, 9:00-10:30am <i>OR</i> 6:00-7:30pm  FEE: FREE  For more information, call 908-441-1558.
	Mondays and Thursdays, 5:00-6:00pm	<b>ADOLESCENT OUTPATIENT PROGRAM</b> Only for graduates of the Full DBT program.	For more information, call 908-441-1558.	
	Mondays and Thursdays, 6:00-7:30pm	<b>ADULT OUTPATIENT PROGRAM</b> Serves adults 18 and older who meet criteria for mild substance use disorders.	FEE: Most insurance plans are accepted.	
	Various dates and times	<b>ADULT INTENSIVE OUTPATIENT PROGRAM</b> Includes a family group component for family members of clients attending IOP.	For more information, contact <a href="mailto:communitycarelinks@atlanticealth.org">communitycarelinks@atlanticealth.org</a> or (908) 441-1561.	
Various dates and times	<b>COMMUNITY CARELINKS</b> A community-based, integrated care management program that improves quality of life and promotes health from a person-centered perspective.	FEE: FREE		

CANCER CARE	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES
	Various dates and times	<b>CANCER THRIVING AND SURVIVING WORKSHOP</b> Cancer survivors who have completed treatments and their caregivers will discuss common survivorship problems, exercise tips, therapies, communication tactics, nutrition and setting priorities. Sponsored by the Sussex Warren Chronic Disease Coalition. Center for Healthier Living, 108 Bilby Road, Hackettstown, NJ 07840	To register, call 908-387-9888 or 908-475-7960.  FEE: FREE

COMMUNITY HEALTH	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	Tuesday, April 30, 6:00-7:00pm	<b>IT'S ABOUT LIFE</b> Questions about advance planning for our healthcare will be answered. Registration is required. Center for Healthier Living, Hackettstown Medical Arts Building, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840	To register, call 1-800-247-9580.  FEE: FREE	<b>ATLANTIC HEALTH SYSTEM BIRTHDAY CARD PURCHASE</b>  Atlantic Health System invited children who are relatives of our team members to create artwork for birthday greeting cards. A set of 12 unique cards are available for purchase.  \$10.66 per set (includes tax)
	Monday, May 20, 6:00-7:00pm	<b>BE IN THE KNOW ABOUT PRE-DIABETES</b> Learn to create a healthy lifestyle and prevent diabetes. Registration is required. Center for Healthier Living, Hackettstown Medical Arts Building, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840	To register, call 1-800-247-9580.  FEE: FREE	
	Tuesday, June 11, 6:00-7:00pm	<b>EVERY BREATH COUNTS: ALL ABOUT LUNG HEALTH</b> Learn about respiratory conditions and ways to keep your lungs healthy. Registration is required. Center for Healthier Living, Hackettstown Medical Arts Building, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840	To register, call 1-800-247-9580.  FEE: FREE	<b>BASIC LIFE SUPPORT AND FIRST AID</b>  For a list of available classes and online registration, log on to <a href="http://atlanticambulance.org/atlantic-training-center">atlanticambulance.org/atlantic-training-center</a> , or call 908-522-2323.
	Tuesday, June 25 6:30-7:30pm	<b>YOU ARE WHAT YOU EAT: TIPS FOR HEALTHY EATING</b> Learn about the connections between what we eat, weight, sugar, inflammation and how they affect our health. Registration is required. Sussex County Library, Louise Childs Branch, 21 Stanhope Sparta Road, Stanhope, NJ 07874	To register, call 1-800-247-9580.  FEE: FREE	
	Various dates and times	<b>FALL RISK SCREENING</b> Identify potential balance problems that may increase your risk of falling. Hackettstown Medical Center, Therapy Department, 651 Willow Grove St., Hackettstown, NJ 07840	To schedule an appointment, call 908-850-6925.  FEE: FREE	<b>SMOKING CESSATION</b>  This six-week smoking cessation program is led by a certified tobacco treatment specialist. A smoking assessment is required to participate.  Various dates, 5:00-6:30pm To register, call 908-979-8797. FEE: FREE
	Various dates and times	<b>GET FIT EXERCISE PROGRAM</b> Receive a fitness assessment and individualized exercise program, including access to the Community Fitness Center. Hackettstown Medical Center, 651 Willow Grove St., Hackettstown, NJ 07840	To schedule an appointment, call 908-441-1348.  FEE: FREE	
	Various dates and times	<b>SLEEP CLINIC</b> Get information on snoring, sleep apnea or other sleep-related disorders. Hackettstown Medical Center, Sleep Lab, 651 Willow Grove St., Hackettstown, NJ 07840	For more information, call 908-850-7744.  FEE: FREE	

DIABETES WELLNESS	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	All Diabetes Wellness events take place at Hackettstown Medical Center, 651 Willow Grove St., Hackettstown, NJ 07840.			<b>MEDICAL NUTRITION COUNSELING</b> Individual sessions are available. Various dates and times. For more information, call 908-441-1258. FEE: FREE
	Wednesdays, 10:00am-Noon	<b>DIABETES SELF-MANAGEMENT EDUCATIONAL SERIES</b> These classes are designed for individuals diagnosed with diabetes and provide education about living a healthy life managing this disease.	For more information and to register, call 908-441-1258. FEE: FREE	
	Fourth Monday of the month (no May meeting), 7:00-8:00pm	<b>DIABETES SUPPORT GROUP</b> The Diabetes Support Group is filled with opportunities to learn about diabetes self-management. Guest speakers, group discussion, cooking demonstrations, and a variety of learning styles make the group engaging and beneficial.	For more information, call 908-441-1258. FEE: FREE	

PARENTING & CHILDBIRTH	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	Tuesday, August 13, 6:30-8:30pm	<b>BABY CARE CLASS</b> Expectant mothers and their support person will learn the tools to care for their newborn. Topics will include basic infant care, diapering, dressing, bathing, swaddling, holding, soothing, feeding, and when to call the baby's doctor. Safety issues will also be addressed, including sleeping, cribs, car seats, baby products and baby-proofing your home. Center for Healthier Living, Hackettstown Medical Arts Building, 108 Bilby Road, Hackettstown, NJ 07840	FEE: \$30 PER COUPLE	<b>MATERNITY CENTER TOUR</b> The Maternity Center Tour (at Newton) gives our participants an overview of labor, delivery and postpartum.  Various dates and times. FEE: FREE To register, call 1-800-247-9580.  Newton Medical Center 175 High St. Newton, NJ 07860
	Tuesdays, May 14 OR September 10, 6:30-9:00pm	<b>BREASTFEEDING</b> Expectant mothers and their support person will learn various aspects of breastfeeding. This will include breast milk production, positioning, latch, nutrition, and avoiding common problems to support your breastfeeding experience.	FEE: \$40 PER COUPLE	
	Various dates, 8:30am-3:30pm	<b>PREPARED CHILDBIRTH</b> This class covers the stages of labor, comfort measures, hospital routines, cesarean birth, labor variations, relaxation and breathing techniques, and more. Hackettstown Medical Center, 651 Willow Grove St., Hackettstown, NJ 07840	FEE: \$130 PER COUPLE	

SENIOR HEALTH	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES
	Various dates and times	<b>ATLANTIC HOME CARE</b> Atlantic Home Care provides visiting nurse and rehabilitation therapist services to Warren, Sussex, Morris, Somerset Union and Essex counties. Services are covered under Medicare and most insurance plans.	For more information, call 973-379-8472.
	Once a month, various times	<b>UNITED WAY CAREGIVERS COALITION</b> A group of dedicated caregivers who share a commitment in improving the lives of all caregivers. The Coalition meets once a month in five counties – Morris, North Essex, Somerset, Sussex and Warren. All are welcome.	For more information, visit <a href="http://unitedwaynj.org/caregiverscoalition">unitedwaynj.org/caregiverscoalition</a> or email <a href="mailto:caregiverscoalition@unitedwaynj.org">caregiverscoalition@unitedwaynj.org</a> . FEE: FREE



SUPPORT GROUPS	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	All Support Group events take place at Hackettstown Medical Center, 651 Willow Grove St., Hackettstown, NJ 07840.			<b>COUNCIL 1 NEW JERSEY STATEWIDE SELF-ADVOCACY GROUP</b> Support for people with disabilities to be their own advocates and to know their rights and responsibilities. Third Thursday of the month, May 16 or June 20, 5:00-7:00pm Hackettstown Medical Center, 651 Willow Grove St., Hackettstown, NJ 07840 FEE: FREE For more information, call 732-743-8345 or email <a href="mailto:ARitchey@ArcNJ.org">ARitchey@ArcNJ.org</a> .
	Second Thursday of the month, 12:30-1:30pm	<b>BETTER BREATHER'S CLUB</b> Discuss pulmonary disease such as COPD, asthma, traveling with oxygen as well as pulmonary rehabilitation.	To register, call 908-979-8797. FEE: FREE	
	First Wednesday of every month 12:30-1:30pm	<b>HEALTHY HEARTS GROUP</b> This group is for individuals with cardiac disease such as congestive heart failure, high blood pressure and coronary artery disease. Meets the first Wednesday of every month at Hackettstown Medical Center in the Dining Room Conference Center.	To register, call 908-850-6819. FEE: FREE	

WEIGHT LOSS	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES
	Various dates and times	<b>WEIGHT LOSS SURGERY WEBINAR</b> Led by one of our fellowship-trained bariatric surgeons, this webinar gives an overview of the most effective bariatric procedures performed, how much weight you can lose, health benefits and qualifications. Access to a computer required.	Register at <a href="http://njbariatriccenter.com">njbariatriccenter.com</a> under Free Seminar. FEE: FREE



**Atlantic Health System**  
475 South St.  
Morristown, NJ 07960-6459

For a referral to  
an Atlantic Health System  
doctor, call 1-800-247-9580  
or visit [atlanticehealth.org/doctors](http://atlanticehealth.org/doctors).



# 10 THINGS YOU SHOULD KNOW ABOUT HACKETTSTOWN MEDICAL CENTER

1. Hackettstown Medical Center is part of Atlantic Health System, a leading non-profit integrated health care delivery system. Our 275 physicians are on the forefront of medicine and continually set standards for excellent health care in New Jersey.
2. We provide superior care for everything from minor emergencies to life-threatening injuries and illnesses in our **newly renovated and enhanced Emergency Department**.
3. Our **Primary Stroke Center** response teams work with neurologists from Atlantic Neuroscience Institute at Overlook Medical Center to provide rapid life-saving care through the state's first stroke telemedicine program.
4. We have you covered with a wide range of outpatient services close to home, from X-rays, lab work and 3-D mammography, to diabetes management, same day surgery, wound care and dialysis treatment.
5. Our cardiologists provide a wide array of cardiovascular services, with access to nationally recognized Morristown Medical Center for more advanced heart care.
6. We keep you moving. Providing high-quality physical, occupational and speech therapies, as well as cardiac, pulmonary and stroke rehabilitation using the latest therapies and equipment.
7. We offer a **comprehensive approach to weight loss** that includes medical, psychological, nutritional, surgical, diet and exercise support.
8. We offer advanced methods to diagnose, treat and manage all types of cancer. Our oncologists provide care in surgical, medical and radiation oncology using state-of-the-art technology.
9. We offer a variety of classes, programs and support groups for all ages to support better health and wellness.
10. Convenience and accessibility for your life – free, ample parking; open visiting hours; free Wi-Fi.

Hackettstown Medical Center  
651 Willow Grove Street, Hackettstown, NJ 07840

