

# AtlanticView

at Hackettstown | Spring 2021

MOMENTS  
THAT MATTER

## SURVIVING A 'WIDOW MAKER' HEART ATTACK

READ TONY'S STORY ON PAGE 4

URGENT CARE CENTERS  
OFFER CONVENIENCE AND  
QUALITY CARE

PAGE 5



Atlantic Health System  
Hackettstown Medical Center

## LETTER FROM THE PRESIDENT

Greetings,

We're excited that the COVID-19 vaccines that have been developed are allowing us to see a light at the end of the tunnel. As we follow federal and state guidelines for immunizations, we hope to soon be able to offer a vaccine to all who want one.

We're proud to announce that Hackettstown Medical Center has received 5-star ratings for treatment of heart failure and for treatment of sepsis (two years in a row) from Healthgrades.

In this issue of *AtlanticView*, you'll meet a cardiac patient brought back to life multiple times, and you'll learn about the convenient services available at the Sparta and Newton urgent care centers.

As we look forward to a time when we can once again participate in group activities and family gatherings, remember that Hackettstown Medical Center will continue to be here for you, providing a safe place for heart failures to become heart successes, cancer patients to be treated, and emergencies to be handled.



**Robert Adams, FACHE**  
President, Hackettstown and  
Newton Medical Centers

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**  
*AtlanticView at Hackettstown* is published for Atlantic Health System by **Wax Custom Communications.**  
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 Institute. The six medical centers have a combined total of 1,841 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 *AtlanticView at Hackettstown* in whole or in part without written permission from the publisher is prohibited. Copyright ©2021. All rights reserved.



Connect with us:

Facebook: /HackettstownMedicalCenterNJ  
Twitter: @AtlanticHealth  
Instagram: @AtlanticHealth  
Snapchat: @AtlanticHealth  
LinkedIn: Atlantic Health  
YouTube: Atlantic Health System



**OFFICIAL  
HEALTH CARE  
PARTNER**



### 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.

## CONTENTS

### Departments

- 2 Letter From the President
- 3 CEO's Corner | Health Briefs
- 7 Foundation News | Community Calendar

### Features

- 4 Moments That Matter: Surviving a 'Widow Maker' Heart Attack
- 5 Urgent Care Centers Offer Convenience and Quality Care

## 5 URGENT CARE CENTERS OFFER CONVENIENCE AND QUALITY CARE



# CEO's corner

## New Vaccines and the Promise of Togetherness

This month, our state reaches a significant milestone, the one-year anniversary of the first confirmed case of COVID-19 in New Jersey. Twelve months later, we have lost too many loved ones and luminaries to this terrible virus. Yet even in our mourning, we find new reasons for hope. Groundbreaking vaccines to speed and strengthen our fight, promising the return of togetherness and brighter days.

Just like our community, the Atlantic Health System family has worked tirelessly to do our part, healing friends and neighbors, comforting and connecting families across social distances, and protecting one another throughout the pandemic. Never has health care been more of a team sport, reaching far beyond the wall of our hospitals. We will always be grateful for your kind words, gestures of appreciation and unwavering support for our caregivers on the front line.

We are opening new doors throughout our region for vaccinations and the ongoing care you and your family need. We are administering vaccines daily at clinics in Hackettstown, Newton, Rockaway and Mountain Lakes and planning new clinic launches in the coming weeks as our vaccine supply increases. Please visit [atlanticealth.org/covidvaccine](http://atlanticealth.org/covidvaccine) to sign up for appointment alerts.

As we all continue to coexist with COVID, we will be here to support you with the highest quality, compassionate care. We look forward to reaching the light at the end of the tunnel together. Be well, stay safe and as always, thank you for entrusting Atlantic Health System with your care.



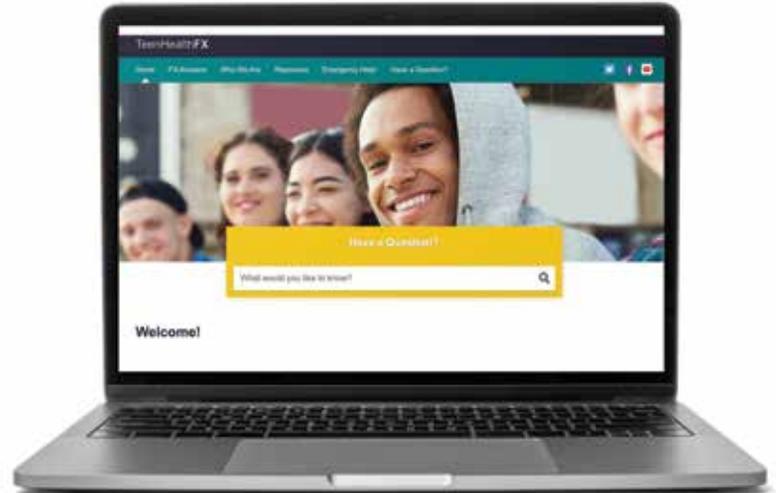
*Brian A. Gragnolati*

**Brian A. Gragnolati**  
President & CEO,  
Atlantic Health System



## HACKETTSTOWN MEDICAL CENTER RECOGNIZED BY HEALTHGRADES

Hackettstown Medical Center has received 5-star recognition by Healthgrades for treatment of Heart Failure and Sepsis.



## A One-Stop Shop for Teen Health

Check out the refreshed **TeenHealthFX.com** – your online resource for teenage health and wellness. Ask a question, find answers to commonly asked questions, and read about hot topics. In addition, learn about careers in health care, take a health quiz and more.

## SURVIVING A 'WIDOW MAKER' HEART ATTACK

As he walked into Hackettstown Medical Center with stomach pain, Tony F. turned to his wife, Sandra, and said, "I'll probably be home in a couple of days." He assumed he was suffering from appendicitis.

But the hospital's Emergency Department team soon realized Tony's appendix was not causing his upset stomach. A massive heart attack was.

Tony's heart stopped beating moments after he arrived. An entire team, led by emergency medicine specialist Michael Connolly, MD, spent the next 45 minutes administering CPR and using an automatic external defibrillator to shock Tony's heart back to life.

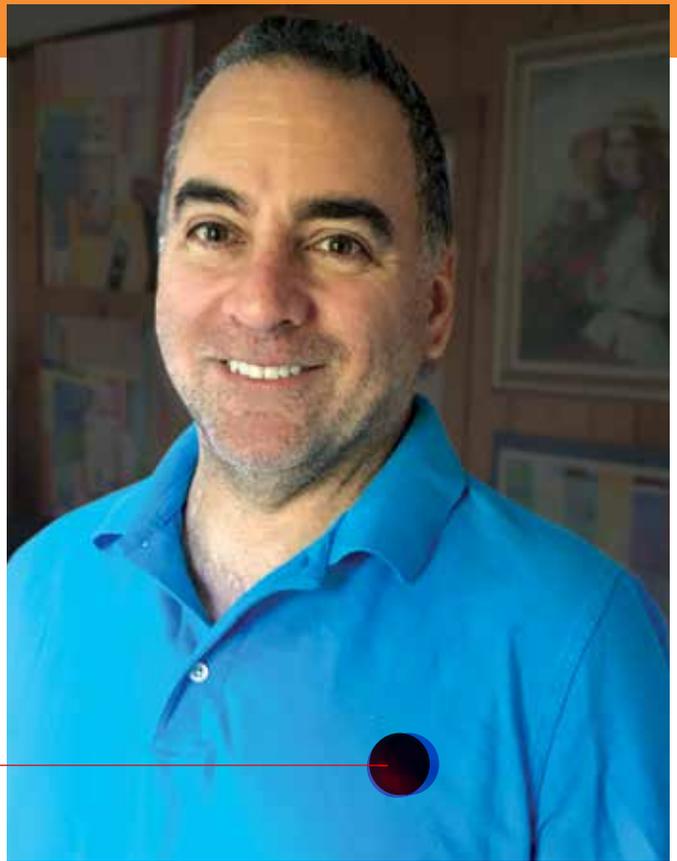
"I asked my cardiologist, Mark Rosenthal, MD, how close to a goner I was that day," Tony says. "He told me I was gone. They brought me back three times."

While clinicians worked on Tony, other Emergency Department team members called Atlantic Mobile Health for an air transport to Morristown Medical Center, recognized as a Level I Regional Trauma Center by the American College of Surgeons and a Level II Trauma Center by the state of New Jersey.

"The team at Morristown have told me multiple times about what a great job Hackettstown did stabilizing me, prepping me, getting me to the helicopter on time and getting me over to Morristown," Tony says.

Once Tony arrived at Morristown, interventional cardiologist Lawrence Blitz, MD, implanted a stent into his heart to open a blocked blood vessel.

Tony also suffered a small stroke during the heart attack. He spent a few days in a medically induced coma while recovering. After three weeks at Morristown Medical Center and two weeks



"I asked who performed CPR on me, and six people raised their hands. There's no way I can thank my medical team enough."

– Tony F., cardiac patient

of rehabilitation, he returned home.

Today, under the care of Dr. Rosenthal, Tony's heart is beating strong again. The 61-year-old exercises regularly, eats a heart-healthy diet and is back to working remotely as an adjunct professor in the aerospace engineering graduate program at Embry-Riddle Aeronautical University.

Tony returned to Hackettstown Medical Center to thank his care team. "I asked who performed CPR on me, and six people raised their hands," Tony says. "There's no way I can thank my medical team enough." ▲

**For more information on Atlantic Health System-affiliated providers and Dr. Connolly, visit [atlantichhealth.org/doctors](http://atlantichhealth.org/doctors).**

### ATLANTIC MEDICAL GROUP

**Drs. Blitz and Rosenthal and Cardiology Associates of North Jersey are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit [atlanticmedicalgroup.org](http://atlanticmedicalgroup.org). They can be reached at 973-831-7455.**



## Urgent Care Centers Offer Convenience and Quality Care

**W**hen injuries or illness happens, it's always a relief to know that medical care is close to home. With the Sparta and Newton urgent care centers, located in Sussex County, you can be assured of receiving prompt quality care when you need it.

"Urgent care centers provide a convenient as well as a lower cost setting for people who need to be seen urgently," says Paul Marmora, vice president, Ambulatory Care at Atlantic Health System. "In the past, you either had to get an appointment with your physician or sit in an emergency room. The urgent care centers provide convenient access."

"The urgent care centers feature on-site testing with state-of-the-art equipment, in addition to wellness services for our community. Our treatment tools and equipment is state of the art," says Bob Adams, president, Hackettstown and Newton medical centers.

COVID-19 testing is available for patients by appointment at Newton Urgent Care. Each center also offers virtual visits with a telehealth professional. Using the phone or videoconferencing, patients can discuss their symptoms with a medical professional and receive treatment recommendations.

A range of injuries and illnesses can be treated at an urgent care center, including accidents, cold and flu, or infections. Wellness services include vaccinations and immunizations, as well as pediatric physicals for extracurricular activities.

According to Marmora, "Atlantic Health System has a strategy of expanding urgent care centers throughout the northern areas of the state. We're trying to bring as many of these throughout our service area for the convenience of our patients." ▲

**Visit [atlantichealth.org/urgentcare](https://atlantichealth.org/urgentcare) for more information.**

### *Newton Urgent Care*

📍 181 High Street, Newton, NJ 07860 📞 973-383-9898

**Hours:**  
**Monday – Sunday 9:00am to 8:30pm**

### *Sparta Urgent Care*

📍 372 Lafayette Road, Suite 101 Sparta, NJ 07871 📞 973-383-9898

**Hours: Monday – Sunday 7:30am to 5:00pm**

# We have a dedicated recovery program for patients with lingering COVID-19 symptoms



If you have persistent COVID-19 symptoms, schedule an in-person or telehealth visit with the Atlantic COVID Recovery Center by calling:

**908-522-3361**

## If you or a loved one have persistent COVID-19 symptoms, you're not alone.

Shortness of breath, extreme fatigue, anxiety or depression, tachycardia (racing heart), joint pain, chest pain, cough, memory loss and brain fog are common and can linger for weeks, sometimes months.

The Atlantic COVID Recovery Center cares for patients with symptoms that persist beyond 30 days after contracting the virus. The program provides care in two areas:

- **Specialty care & peer support groups for former ICU patients**
- **Specialty care for symptomatic patients**

A dedicated care coordinator helps guide each patient through the process — from arranging appointments and test authorizations to acting as a patient liaison and coordinating services, which can include: primary care, cardiology, pulmonology, neurology, rehabilitation medicine and behavioral health.

Let our experienced health care team help guide you back to the quality of life you know and love. **You can schedule an appointment by calling 908-522-3361 or visiting [atlantichealth.org/covidrecovery](https://atlantichealth.org/covidrecovery).**



**Atlantic Health System**

## Filling Buckets

Fortunately for the Foundation for Hackettstown Medical Center, an area car dealership is spreading the love in a big way! For a third year in a row, Route 46 Subaru has designated the Foundation for Hackettstown Medical Center as their charity of choice to receive proceeds from their annual "Share the Love" initiative. So far, over \$43,000 in proceeds from "Share the Love" have been applied to the Foundation for Hackettstown Medical Center's "Bucket Brigade II" campaign, designed to raise additional funds for new technology, programs and services at Hackettstown Medical Center.

Fondly known as BBII, the fundraising campaign harkens back to the 1950's and 1960's when, as part of the original "Bucket Brigade" campaign, dozens of community members volunteered their time to stand by the side of the road on weekends with buckets, ready to collect spare change from passing motorists along Route 46 in Hackettstown. Their goal was to raise enough money to purchase land that would one day be used as the campus of this community's



first hospital. Thanks to many businesses and individuals for their generous donations that are helping us meet our BBII goal of \$750,000! ▲

***For more information about the "Bucket Brigade II" campaign, please visit [atlanticealth.org/BucketBrigade](http://atlanticealth.org/BucketBrigade) and help us fill our virtual bucket!***

## community calendar Spring 2021

**Welcome to your Hackettstown Medical Center Community Calendar.** Due to COVID-19, many of our classes will be held virtually or rescheduled. Call the telephone number listed or email the contact person for more information. **Please visit [atlanticealth.org/calendar](http://atlanticealth.org/calendar) for up-to-date information.**

### BEHAVIORAL HEALTH

For up-to-date information, call 1-888-247-1400.

### CANCER CARE

First Friday of every month, 2:00-3:00pm

VIRTUAL CANCER SUPPORT GROUP

### DIABETES AND NUTRITION

For up-to-date information, call 908-441-1258.

### PARENTING AND CHILDBIRTH

Maternity tours, childbirth education, baby care classes and breastfeeding classes are currently canceled due to COVID-19. Call 1-800-247-9580 or visit [atlanticealth.org/classes](http://atlanticealth.org/classes) for updates.

Third Saturday of the month, Noon

VIRTUAL MINDFUL PREGNANCY

### PULMONARY

For up-to-date information on tobacco cessation classes and Better Breathers Support Group, call 908-579-8795.

**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).



## COMMUNITY HEALTH CALENDAR

Due to COVID-19, all classes are being held virtually.

VIRTUAL EXERCISE	VIRTUAL INTEGRATIVE WELLNESS	VIRTUAL PROGRAMS
\$50 FEE FOR EACH 10 WEEK SESSION		Conservative Treatment of Knee Osteoarthritis Monday, May 10, 2:00pm
Barre Method Tuesdays, April 13 to June 15, 5:30 to 6:15pm	Arthritis Exercise Program Mondays, April 12 to June 21 (no class May 31), 1:30 to 2:15pm	Eating for a Healthy Mind Thursday, June 10, 10:00am
Better Bones Beginner Thursdays, April 15 to June 17, 11:30am to 12:30pm	Gentle Yoga Wednesdays, April 14 to June 16, 10:30 to 11:30am	Grandparents: Are You Keeping Your Grandchildren Safe Thursday, April 1, 1:00pm
Better Bones Intermediate Tuesdays, April 13 to June 15 AND/OR Thursdays, April 15 to June 17, 10:15 to 11:15am	Meditation for Mindful Well-Being Mondays, April 12 to June 21 (no class May 31), 6:30 to 7:30pm	Healthy Living for Your Brain and Body: Tips from the Latest Research Wednesday, April 7, 7:00pm
Lite & Fit Tuesdays, April 13 to June 15 AND/OR Thursdays, April 15 to June 17, 2:00 to 3:00pm	Qigong Tuesdays, April 13 to June 15, 11am to noon	New Take on Old Foods Wednesday, July 7, 11:00am
Muscles in Motion Mondays, April 12 to June 21 (no class May 31), 4:30 to 5:30pm	T'ai Chi Wednesdays, April 14 to June 16, 11:00am to noon	No Bones About It Tuesday, May 25, 2:00pm
The Power Hour Wednesdays, April 14 to June 16, 5:00 to 6:00pm	T'ai Chi Chih – Intermediate Thursdays, April 15 to June 17, 11:00am to Noon	Relaxing Foods Wednesday, April 21, 7:00pm
Zumba® Fitness Thursdays, April 15 to June 17, 5:45 to 6:45pm	Yoga – Intermediate Tuesdays, April 13 to June 15, 10:00 to 11:00am	Senior Nutrition Friday, May 14, 9:00am
		The Senior Living Spectrum: Navigating Housing Options for Seniors Monday, May 17, 10:00am
		Six Pillars of Brain Health Thursday, June 3, 7:00pm
		Top Pantry Staples Wednesday, June 2, 7:00pm
		Understanding Alzheimer's Disease and Dementia Wednesday, June 16, 7:00pm

For a complete list of offerings,  
please visit [atlanticehealth.org/calendar](http://atlanticehealth.org/calendar).  
For more information, please call **1-844-472-8499**.