Atlantic View
at Morristown | Fall 2019/Winter 2020

Best Hospitals
U.S. News
National Ranked in 2 Specialties
2019-20

#1 Hospital
in NJ
(again!)

MOMENTS THAT MATTER
FIGHTING CANCER FROM THE INSIDE OUT
Read John’s Story on Page 6

Heart-Saving Technology Gives Twins a New Lease on Life
LETTER FROM THE PRESIDENT

Greetings,

There are many exciting things happening at Morristown Medical Center that I am pleased to share with you — our neighbors.

For the second year in a row, Morristown Medical Center has been named the No. 1 Hospital in New Jersey, by U.S. News & World Report. In addition, it was nationally ranked in Cardiology & Heart Surgery and in Orthopedics. And, it received an “A” Hospital Safety Grade rating from Leapfrog for the eighth consecutive time.

Its physical footprint continues to expand with two new floors at the Gagnon Cardiovascular Institute, additional clinical space at Carol G. Simon Cancer Center, and more beds in the Pediatric Intensive Care Unit and inpatient units at Goryeb Children’s Hospital.

Atlantic Health System and Kindred Healthcare have partnered on the recently opened Atlantic Rehabilitation Institute, a state-of-the-art inpatient rehabilitation hospital to help patients return to mobility and prepare them to resume everyday functions.

In this issue of AtlanticView at Morristown, we announce that the National Cancer Institute has designated Atlantic Health System as the first and only NJ-based National Community Oncology Research Program site of the Atlantic Health Cancer Consortium to help develop and implement cancer prevention, screening, care delivery, and treatment studies with leading healthcare systems across the state.

You’ll meet a patient who traveled from Pennsylvania to take part in a clinical trial of an innovative melanoma treatment unavailable in his state, and twins with a progressive heart condition who have returned to normal functioning after receiving implanted heart pump assist devices. And our Community Calendar will help you find classes, activities and support groups to keep you busy throughout the season.

On behalf of everyone at Morristown Medical Center, we wish you and your loved ones a healthy and safe fall and winter.

TRISH O’KEEFE, PHD, RN
President, Morristown Medical Center

CONTENTS

Departments

3 CEO’s Corner | Health Briefs
10 Nutrition
11 Research
14 Community Calendar

Features

5 Atlantic Anywhere – Making Health Care More Convenient
6 Moments That Matter: Fighting Cancer From the Inside Out
8 Heart-Saving Technology Gives Twins a New Lease on Life

9 Making the Transition: Coordinating Medical Needs After Leaving the Hospital
12 Preeclampsia Risk During and Soon After Pregnancy

Moments That Matter: Fighting Cancer From the Inside Out
Working Toward a Healthier Community

Determined to Improve Health

What is the biggest factor in a person’s life when it comes to staying healthy? Living near a world-class hospital? Access to exceptional physicians? Perhaps the key is good genes?

These components play a vital role in our health, but studies have shown the most important factor comes from the conditions where we are born, grow, work, live and age. These elements are known as social determinants of health, and caregivers are increasingly aware of the role they play in our well-being.

Atlantic Health System’s Transitions of Care program is how we coordinate care to address social determinants of health. As you’ll read in this issue, collaboration among our multidisciplinary teams of health professionals helps ensure physical, behavioral and social needs are considered in providing the right care, at the right time, in the right place.

While health systems play an important role in healing many of the problems caused by social determinants of health, we cannot alone repair the circumstances that create them. That is something we must all do together.

I hope you enjoy this edition of *AtlanticView*, and thank you for entrusting Atlantic Health System with your care.

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MANSION IN MAY

The Women’s Association for Morristown Medical Center announced that Tyvan Hill in New Vernon, New Jersey, has been chosen as the site of its 19th Mansion in May. Built in 1928, Tyvan Hill is a gracious country estate built by the Castles family of New York City. Mansion in May is the premier fundraising event for Morristown Medical Center and proceeds will benefit the expansion of the Gagnon Cardiovascular Institute.

For more information, visit www.mansioninmay.org.

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Now in its fourth year, #AskHer is a movement that has impacted thousands of lives in our communities. Speak up and start the conversation now about breast health. Ask your loved ones to schedule their annual mammogram. Or, take the initiative and do it for yourself. When it comes to breast cancer, early detection literally saves lives.

Book online at atlantichealth.org/askhernow, call 973-829-4263 or text ASKHER to 555-888.
For the New Diversity Officer, This Job Is Personal

Confidence in the care you receive is essential to your mental and physical well-being, says Atlantic Health System’s new chief diversity officer, Armond Kinsey. He speaks from experience.

“At age 19, I lost my mother due, in part, to a lack of reliable health care,” Kinsey says. “From that experience, I realized that no matter your age, language, beliefs or ZIP code, we all deserve access to great care.”

Kinsey joins Atlantic Health System from Kaiser Permanente, where he was instrumental in initiatives that resulted in that organization’s highest rankings on DiversityInc’s list of “Top 50 Companies for Diversity and Inclusion.”

As chief diversity officer, Kinsey will ensure that all team members at Atlantic Health System have the resources they need to care for, and communicate with, the system’s diverse patient population.

“Identifying and removing barriers to great care will change lives,” he says. “I am thrilled to lead our efforts to accomplish that goal. I’m also proud to announce that all our hospitals have been designated as a 2019 LGBTQ Healthcare Equality Leader from the Healthcare Equality Index 2019.”

Atlantic Rehabilitation Institute provides modernized home for inpatient rehab

Atlantic Health System and Kindred Healthcare marked the completion of Atlantic Rehabilitation Institute, a brand-new state-of-the-art inpatient rehabilitation hospital combining the expertise of two leaders in high-quality patient care. The new $24 million, two-story, 38-bed rehabilitation hospital is located off Route 124 at Giralda Farms in Madison, NJ.

“Joining forces with a nationally recognized leader allows us to expand access to extraordinary rehabilitation services in our communities,” says Amy Perry, senior vice president, Integrated Care Delivery, and CEO of Atlantic Health System’s Hospital Division. “We are proud to partner with Kindred to provide top-caliber patient care in the exceptional healing environment that has been created at Giralda Farms.”

The new, modernized hospital greatly expands the breadth of capabilities and resources available for treatment, to help return function to patients and better prepare them to resume everyday functions. It includes:

• Bionic, assisted movement systems, such as the motorized exoskeleton system by Ekso Bionics and the Bionik InMotion ARM, which help patients walk and to regain movement to their arms following stroke, spinal cord injury, orthopedic surgery, multiple sclerosis and more
• A state-of-the-art gym with new equipment such as a total body movement simulator
• A simulated home space, with a full kitchen, bathroom, and a washer and dryer, to practice return-to-home activities
• Bariatric rooms designed for obese patients and a specialty bathroom allowing chair-bound patients to be bathed
• A secured and monitored brain injury unit with a dedicated gym
• Multiple surfaces to practice real-world walking, a ramp, stairs, and a simulated curb with a wheelchair cutout

For more information, please visit atlanticrehabinstitute.com.

Healthcare Equality Index

Atlantic Health System Hospitals Earn ‘LGBTQ Healthcare Equality Leader’ Designation in Healthcare Equality Index

Each of Atlantic Health System’s six hospitals earned the “LGBTQ Healthcare Equality Leader” designation and a top score of 100 on the Healthcare Equality Index (HEI) from the Human Rights Campaign (HRC).

“At Atlantic Health System, being a diverse organization means that each team member feels included and can bring their whole self to work so we can provide unwavering and extraordinary caring to the communities we serve,” says Armond Kinsey, chief diversity officer, Atlantic Health System. “Earning the LGBTQ Healthcare Equality Leader designation is a reflection of our mission to build healthier communities and illustrates our commitment to creating a safe environment where everyone is treated with respect, kindness and empathy.”
Atlantic Anywhere
MAKING HEALTH CARE MORE CONVENIENT

When was the last time you shopped online? Booked a ride from your phone? Texted a family member? The latest version of Atlantic Health System’s mobile app, Atlantic Anywhere, offers the convenience we are used to experiencing through online scheduling, video visits with physicians, access to test results, the ability to communicate with your doctor, indoor GPS within hospitals, and so much more.

“Technology is an important member of our care team and can take away some of the pain traditionally associated with managing your health,” says Valerie Simon, chief marketing officer, Atlantic Health System. “Atlantic Anywhere provides access to the care you need … right from your phone.”

FIND AND SCHEDULE YOUR NEXT DOCTOR APPOINTMENT
Quickly and easily search all Atlantic Medical Group doctors along with all physicians on staff at each of our hospitals. Appointments with hundreds of our Atlantic Medical Group physicians can now be booked online in just a few clicks when it is most convenient for you.

RECEIVE ON-DEMAND MEDICAL CARE FROM YOUR PHONE THROUGH A VIRTUAL VISIT
The Atlantic Anywhere mobile phone app now features “Virtual Visits,” an online consultation with a board-certified physician, for on-demand medical care. “Virtual Visits ensure that the doctor is always available … whenever, wherever you need,” says Carol Vargas, vice president of Integrated Care Delivery, Atlantic Health System.

ACCESS MYCHART, YOUR PATIENT PORTAL
Atlantic Anywhere offers access to MyChart, a secure online portal that offers access to your medical record. MyChart provides access to lab and test results, as well as the ability to make appointments, receive appointment reminders, communicate with your doctors’ office, pay hospital bills and more.

LOCATIONS AND WAYFINDING
You’ll never get lost again with Atlantic Anywhere. It includes maps for all Atlantic Health System locations and integrates with our “Take Me There” apps, which provide indoor GPS navigation for certain sites.

Atlantic Anywhere is just one of several digital doors open to the communities we serve. Connect with us today by downloading the app, visiting atlantichealth.org and joining the conversation on social media.

The free app can be downloaded to a mobile phone by searching “Atlantic Anywhere” from the App Store or Google Play, or visiting atlantichealth.org/atlanticanywhere.
Six years ago, John Snyder, 57, of south central Pennsylvania, learned he had melanoma, an aggressive and serious type of skin cancer. Last summer, he thought he had run out of options. He had almost run out of time.

“Nothing my doctors tried was working,” John says. “It was not looking good for me.”

Then he and wife, Cathy, got hopeful news. His local physicians told them that researchers three hours away, at the Atlantic Melanoma Center at Morristown Medical Center, were testing an experimental therapy for cancer like John’s.

Over the previous six years, John’s melanoma had spread from the skin of his back to his brain, liver and lung. Despite his local doctors’ efforts, it advanced to stage four, the highest and most dangerous level.

The new therapy in Morristown involves using part of a patient’s own blood to fight cancer, part of a promising field called “personalized medicine.” The therapy is available through a clinical trial, or research study, of “TIL therapy.” TIL stands for tumor-infiltrating lymphocyte.
Lymphocytes are white blood cells that help the body fight cancer. In John’s case, these lymphocytes have “found” the cancer but have not been able to kill it. TIL therapy is not yet available to the general public, but research around the nation and world has been very encouraging.

“This therapy is intended for people like John, who have failed all standard forms of treatment and have run out of easy options,” says Eric Whitman, MD, medical director of Atlantic Health System Cancer Care and principal investigator for the clinical trial there. “John opted to go for it.”

With this move, John became one of the first patients in New Jersey to have this innovative treatment.

TIL therapy has several steps, with the overall goal being to stimulate the immune system so that it can finally defeat the melanoma. Dr. Whitman first performed surgery to remove a tumor. A special laboratory took lymphocytes (the TILs) from this tissue, grew them in a lab for several weeks, and stimulated them with special agents to “supercharge” them. After a few weeks, John received chemotherapy to eliminate most of his normal white blood cells. This step, researchers believe, helps the TIL cells work better. The team then used an IV to infuse the supercharged TILs back into his body. They also gave John several treatments with interleukin-2, a drug to stimulate his immune system.

“Within four weeks of a single treatment, we saw signs that it was working well for John,” Dr. Whitman says. “His cancer is not growing or spreading. In fact, his tumors have shrunk almost completely.”

“The Lord guided me to the right doctors at Morristown Medical Center and then led them to the right treatment,” John says.

In the last year, Morristown Medical Center opened more than 50 clinical trials for cancer, Dr. Whitman says. Over the past 20 years, such trials have helped pave the way to FDA approval for new, exciting treatments for melanoma and other cancers.

“Even in late stage cancer, patients should seek clinical trials that are appropriate for their specific disease,” Dr. Whitman says. Morristown Medical Center is now the only site in New Jersey enrolling patients for the promising TIL therapy. With successes like John’s as well as several other patients in the trial across the country, the hope is that this therapy will also soon gain FDA approval.

“The future cures for cancer are going to be totally different than they’ve been in the past, thanks to research and researchers like these,” John says. “So don’t ever give up.”
Heart-Saving Technology Gives Twins a New LEASE ON LIFE

At age 24, twins Edward and Edwin Roman of Summit, NJ, were diagnosed with a debilitating heart condition that had them both struggling with life. “I was exhausted walking up a flight of steps and could barely walk a block,” says Edwin. Edward, who led a very active life, noticed his ankles were swollen and that he could no longer ride his bike.

The twins credit the medical experts at the Heart Success Program of Morristown Medical Center with their life-changing road back to recovery. Edward and Edwin were suffering from hereditary dilated cardiomyopathy, a genetic condition that causes the heart to become enlarged, reducing its ability to pump blood throughout the body. Because of the progression of the disease, there were few options for treatment.

“They were exceptionally ill. Both had end-stage heart failure,” says cardiologist Marc Goldschmidt, MD, medical director of the Heart Success Program. “They were failing on oral medication and without advanced therapies, their one-year survival rate was approaching 50%.”

According to cardiologist Michael Weinrauch, MD, section chief of Cardiovascular Medicine at Overlook Medical Center, “When standard medication fails, you have to do something more aggressive, like a heart transplant.”

Unfortunately, the average wait time for a suitable heart donor for a transplant can be up to nine months, so doctors rely on technology called a left ventricular assist device (LVAD). The LVAD is surgically implanted below the heart, and it works by taking over the function of the main pumping chamber of the heart by pumping blood continuously from the left ventricle to the aorta.

“Everything is inside the patient except a ‘driveline’ that exits underneath the left ribs,” says surgeon James P. Slater, MD, surgical director of the Heart Success Mechanical Support Program. “The driveline connects to a controller that tells us what the device is doing. The controller, in turn, hooks up to a power source, either from batteries or from an electrical outlet.”

Edward underwent the lifesaving operation in December of 2018, followed by Edwin in February of 2019.

According to Linda Suplicki, APN, ventricular assist device coordinator, “the goal of this technology is to return patients to a quality of life that meets their needs. The goal for both of them is to give them as many years as possible with the LVAD before moving on to a transplant.”

Both twins have returned to work and say they have returned to a normal life.

“This is a huge team sport,” says Dr. Slater. “This required Dr. Weinrauch to recognize the situation and get them over to Heart Success, for Heart Success to do the right thing medically to have them best prepared for surgery, for me to do the surgery, and then back to the VAD team at Heart Success to provide ongoing care and support.”

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

For more information on the Heart Success Program, call 973-971-4179 or visit atlantichealth.org/vad.
Integration is the key when it comes to making sure patients get the best health care. To ensure that patients have optimal health results when they leave the hospital, Atlantic Health System offers the Transitions of Care program to patients.

“Our team includes physicians, nurses, care coordinators, social workers, and community health workers to support the physical, behavioral, and social needs of these patients,” says Maureen Sweeney-McDonough, director of care coordination.

As part of the program, patients who are discharged from inpatient care or the emergency department are assisted in coordinating their medical needs. “We put patients at the center of their care,” says Sweeney-McDonough. “Our goal is to ensure patients get the right care, at the right time, in the right setting.”

A Transitions of Care coordinator meets with eligible patients while they are in the hospital to review the treatment plan established by the health care team. “We help in the management of chronic diseases by providing education, reviewing medications and connecting patients to the right level of care,” says Sweeney-McDonough. “We look to get the patient back to their primary care provider’s office within seven to 14 days.”

The team also screens for social determinants of health (SDOH), non-clinical factors that can impact overall health outcomes. This may include the patient’s ability to get food or transportation, or it may be assessing overall safety and social support. While care coordinators are working with a patient, they also enhance quality outcomes by making sure the appropriate preventive screenings have been done, such as a colonoscopy.

The first few days or weeks after a hospital stay can be overwhelming. In addition to making sure the patient’s family is included in the patient’s care, Sweeney-McDonough says, “We focus on helping patients and their families understand what the next steps are in terms of follow-up with their doctor, getting their medications, taking care of themselves at home, just coordinating and navigating the system.”

― Maureen Sweeney-McDonough

“We focus on helping patients understand what the next steps are in terms of follow-up with their doctor, getting their medications, taking care of themselves at home, just coordinating and navigating the system.”

― Maureen Sweeney-McDonough

To schedule an eligibility screening for the Transitions of Care program, call the care coordination center at 1-855-226-7171.
Registered Dietitians Provide Nutrition Expertise to Support Patient Recovery

When you have had an illness or injury, your body works hard to repair itself. Choosing the right foods while you are in the hospital can be especially important for recovery and continued health after discharge. The registered dietitians of Atlantic Health System work in all areas of the medical system. Working with the multidisciplinary team, they provide individualized nutrition care to patients.

Registered dietitians are the experts in providing nutrition care. To become a registered dietitian, one must complete an undergraduate degree with an accredited program, complete an internship, and pass a national examination. They maintain their credentials with ongoing continuing education and many have specialty certifications in areas such as critical care and diabetes. The registered dietitians at Atlantic Health System are experts in medical nutrition therapy, preventive medicine, behavioral change strategies, mindfulness training, and the latest nutrition research.

DIETITIANS’ ROLE IN THE HOSPITAL SETTING
Many health conditions, such as wound healing, require increased calorie, protein, and vitamin and mineral intake. Types of interventions can include diet modification, provision of alternative foods, and supplementation of specific nutrients.

ROLE OF THE DIETITIAN FOR WHEN YOU ARE HOME
Outpatient nutrition counseling is available for a wide range of chronic health conditions to ensure patients have continued nutrition success.

Registered dietitians are also the go-to experts to help you with your day-to-day nutrition. “One of the things I do all the time is translate information people hear on the news or on social media that’s misleading or just inaccurate,” says Mary Finckenor, the dietitian at Morristown Medical Center’s Cardiac Rehab. Outpatient dietitians provide nutrition counseling that can help you lose weight, improve your diet and create meal plans, and also help you make dietary changes to manage chronic diseases like high blood pressure or diabetes. For more information, please call Morristown Medical Center’s outpatient dietitians at 973-971-5454.

FDA CHANGES NUTRITION FACTS ON FOOD LABELS
By January 2020, consumers will see a different nutrition label on foods when the FDA’s new rules take effect for most packaged foods. In addition to larger type for serving sizes and calories, a new line item for “added sugar” will appear under the carbohydrate category.

Including added sugars is one of the best things on the new labels. Added sugars are those added during processing. They include obvious sugars like granulated sugar and syrups but also sugars from concentrated fruit juice. Fruit juice concentrates are used to sweeten foods. The fruit they come from is healthy, but once you strip out the water, fiber and nutrients, the remaining fruit juice concentrate is nothing more than a healthier sounding form of sugar. How much is too much? Women and children 2 and older should keep to no more than 25 grams of added sugar a day and men no more than 36 grams of added sugar a day.
The National Cancer Institute (NCI) has designated Atlantic Health System as a National Community Oncology Research Program (NCORP) site of the Atlantic Health Cancer Consortium (AHCC). Covering 73% of New Jersey’s population, it is the first and only New Jersey-based NCORP. AHCC will help develop and implement NCI cancer prevention, screening, care delivery, and treatment studies with leading health care systems across the state. The major health systems and medical centers throughout New Jersey that make up the AHCC NCORP include:

- Atlantic Health System hospitals: Morristown, Overlook, Chilton, Newton and Hackettstown medical centers and Goryeb Children’s Hospital
- CentraState Healthcare System
- Holy Name Medical Center
- Hunterdon Healthcare
- Saint Peter’s Healthcare System
- Saint Peter’s University Hospital, Saint Peter’s Children’s Hospital

Atlantic Health System will serve as the lead affiliate for NCORP Community Site activities, providing the scientific leadership and central support personnel necessary to accomplish the AHCC NCORP objectives. Atlantic Health System leadership includes experienced cancer investigators in both adult and pediatric cancers with unique expertise that spans the cancer continuum.

“As the first National Cancer Institute NCORP site based in New Jersey, we will expand the NCORP network coverage by 6.5 million people,” said Missak Haigentz, MD, medical director of Hematology and Oncology for Atlantic Health System and principal investigator for AHCC NCORP. “We are proud to partner with these leading health care organizations, each of which has its own unique strengths and patient populations. This will be an exceptional and unprecedented cancer care consortium for New Jersey, which has a diverse population and higher rates of adult and childhood cancer than the nation as a whole.”

The grant will enable all sites in the AHCC NCORP to participate in additional cutting-edge research from the NCI and National Clinical Trials Network (NCTN), and will significantly enhance access to these trials for cancer patients throughout New Jersey. The clinical trials will focus on cancer control, prevention, screening, care delivery, treatment and medical imaging, and many will include a quality-of-life component. These studies will also incorporate the needs of diverse populations and will be integrated with cancer disparities research.

SPECIFIC GOALS OF THE CONSORTIUM INCLUDE THE FOLLOWING:

- Increasing adult and pediatric participation in the above-referenced types of NCI and National Clinical Trials Network clinical trials, including members of groups that are currently underrepresented in clinical trials, such as ethnic and racial minorities.
- Enhancing community involvement and physicians in cancer control, prevention and care delivery research through a variety of targeted community outreach and engagement efforts.
- Supporting and mentoring community oncologists and other medical specialists.

The consortium will also help develop and implement clinically significant studies that incorporate the unique research needs of New Jersey’s diverse population. A special emphasis will be placed on involving non-English-speaking individuals.
**PREECLAMPSIA RISK DURING AND SOON AFTER PREGNANCY**

Preeclampsia is a serious disease related to high blood pressure that can cause seizures, stroke, organ damage, and even death of the mother and premature birth or death of the unborn baby. Affecting 5% to 8% of all pregnancies, preeclampsia typically occurs after 20 weeks gestation and up to six weeks after delivery, though in rare cases can occur earlier.

Diagnosing preeclampsia early is important because it can affect both the mother and the baby. In addition to high blood pressure, symptoms include protein in the urine; nausea after mid-pregnancy; swelling of the face, eyes and hands; sudden weight gain of more than five pounds; headaches; changes in vision; and difficulty breathing.

Pregnant women are at higher risk if they previously delivered preterm, had low birth weight babies, or suffered from severe preeclampsia before. Preeclampsia doubles a woman’s risk for developing heart disease or having a stroke over the next five to 15 years, and African-American women are four times as likely to die as a result of preeclampsia. According to Colleen Coughlin, MD, a cardiologist at the Women’s Heart Program at Morristown Medical Center, “having preeclampsia can be viewed as a failed stress test, and increases the risk of high blood pressure, stroke or heart attack later on, so we recommend women stay engaged in their health care to keep their blood pressure under control. For ongoing risk assessment, a cardiovascular specialist may be helpful.”

**POSTPARTUM PREECLAMPSIA**

Postpartum preeclampsia can happen to a woman who has just had a baby up to six weeks after the baby’s birth, whether she experienced high blood pressure during her pregnancy or not. New mothers should monitor their health after delivery; keep all follow-up appointments; and contact their health care provider right away if they experience blood pressure at or greater than 160/90, severe headache, vision changes, stomach pain/nausea, or swelling in hands and face. Call 911 if blood pressure is at or exceeds 160/100; or if they have trouble breathing, begin seeing spots, or experience seizures; and make sure to report that they have been pregnant.

**WAYS TO LOWER RISK**

There are a few ways for women to lower their risk of high blood pressure. Attend all prenatal and postpartum appointments; monitor blood pressure and weight regularly and contact their health care provider immediately if either becomes unexpectedly high; get treatment for high blood pressure, blood sugar, cholesterol and obesity; and do not smoke.
WE’RE GROWING FORWARD: FOR YOUR FAMILY, OUR COMMUNITY & THE FUTURE OF OUR MEDICAL CENTERS.

CAROL G. SIMON CANCER CENTER

GORYEB CHILDREN’S HOSPITAL

GAGNON CARDIOVASCULAR INSTITUTE

F4MMC.ORG
**Community Calendar** Fall 2019/Winter 2020

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

### Cancer Care

<table>
<thead>
<tr>
<th>DATE AND TIME</th>
<th>EVENT DETAILS AND LOCATION</th>
<th>CONTACT AND FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesdays, 6:00-7:00pm</td>
<td>SMOKING CESATION PROGRAM You must preregister and have a smoking assessment done in order to participate in this six-week program. Morristown Medical Center, Carol G. Simon Center, Radiation Conference Room, 100 Madison Ave., Morristown, NJ 07960</td>
<td>For start dates and more information, call Lisa Picciuti at 973-971-7971. FEE: FREE</td>
</tr>
<tr>
<td>Call for dates</td>
<td>PATHWAY TO WELLNESS Morristown Medical Center, Mind-Body-Spirit Sanctuary, 100 Madison Ave., Morristown, NJ 07960</td>
<td>For more information, call 973-971-6514. FEE: FREE</td>
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<tr>
<td>First Tuesday of the month, 5:30-7:00pm</td>
<td>POST-TREATMENT SUPPORT GROUP Support and resources for people who have completed cancer treatment. Morristown Medical Center, Mind-Body-Spirit Sanctuary, 100 Madison Ave., Morristown, NJ 07960</td>
<td>For information, call facilitator Diane Haley at 973-971-6299. FEE: FREE</td>
</tr>
<tr>
<td>Second Wednesday of the month, Noon-1:00pm</td>
<td>DROP-IN WEIGHT MANAGEMENT DISCUSSION AND STRATEGIES Morristown Medical Center, Carol G. Simon Center, Radiation Oncology Conference Room, 100 Madison Ave., Morristown, NJ 07960</td>
<td>For more information, email <a href="mailto:kathryn.hamilton@atlantichealth.org">kathryn.hamilton@atlantichealth.org</a>. FEE: FREE</td>
</tr>
<tr>
<td>Various dates and times</td>
<td>CANCER SCREENINGS (NJCEED) Morristown Medical Center, Carol G. Simon Center, 100 Madison Ave., Morristown, NJ 07960</td>
<td>For more information, call 973-971-5952. FEE: FREE</td>
</tr>
<tr>
<td>Various dates and times</td>
<td>INTEGRATIVE MEDICINE • Healing Touch Experienceo • Imagery for Chemo/Radiation • Individual Spiritual Counselingo • Jin Shin Jyutsu Self-Help/Individual Sessionsa • Meditation/Learn to Meditateo • Qigong/Tai Chi • Reiki Sessionsa • Therapeutic Touch: 973-971-4063o • Writing to Heal • Yoga – Gentle/Restorative oPrograms with an asterisk are available to Carol G. Simon Cancer Center patients only.</td>
<td>For more information, call 973-971-6514. FEE: FREE</td>
</tr>
<tr>
<td>Various dates and times</td>
<td>MUSIC THERAPY • Healing Through Drumming • Somatron Sessiona • Sound Meditation oPrograms with an asterisk are available to Carol G. Simon Cancer Center patients only.</td>
<td>For more information, call 973-971-5919. FEE: FREE</td>
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### Community Health

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<th>DATE AND TIME</th>
<th>EVENT DETAILS AND LOCATION</th>
<th>CONTACT AND FEES</th>
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<tbody>
<tr>
<td>Tuesdays, Call for dates 6:00-8:00pm</td>
<td>CAREGIVER CAFÉ Morristown Medical Center Health Pavilion, 333 Mount Hope Ave., Third Floor Community Room, Rockaway, NJ 07866</td>
<td>For more information and to register, call 973-993-1160, ext. 534, or email <a href="mailto:stephanie.howland@unitedwaynj.org">stephanie.howland@unitedwaynj.org</a>. FEE: FREE</td>
</tr>
<tr>
<td>First Friday of the month, Noon-3:00pm</td>
<td>BLOOD PRESSURE AND GLUCOSE SCREENINGS ShopRite of Parsippany, 808 Route 46 W, Parsippany, NJ 07054</td>
<td></td>
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<tr>
<td>Second Friday of the month, Noon-3:00pm</td>
<td>BLOOD PRESSURE AND GLUCOSE SCREENINGS ShopRite of Bernardsville, 93 Morristown Rd., Bernardsville, NJ 07924</td>
<td></td>
</tr>
<tr>
<td>Third Friday of the month, Noon-3:00pm</td>
<td>BLOOD PRESSURE AND GLUCOSE SCREENINGS ShopRite of Wharton, 314 Route 15, Wharton, NJ 07885</td>
<td></td>
</tr>
<tr>
<td>Fourth Friday of the month, Noon-3:00pm</td>
<td>BLOOD PRESSURE AND GLUCOSE SCREENINGS ShopRite of Greater Morristown, 178 E. Hanover Ave., Cedar Knolls, NJ 07927</td>
<td></td>
</tr>
<tr>
<td>Monday-Friday, 8:00am-4:00pm</td>
<td>HIV RAPID TESTING/PrEP 200 South St., Third Floor, Suite 342, Morristown, NJ 07960</td>
<td>For more information, call 973-889-6810. FEE: FREE</td>
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### Educational Programs

- **Various dates and times**
- **All events located at Carol G. Simon Cancer Center.**
- **FEE: FREE**

#### Bereavement Program:
- 973-971-5585
- **Caregivers Presentation and Luncheon:** 973-971-4063
- **Head and Neck Cancer Care Program:** 973-971-4063
- **Post Breast Surgery Program:** 973-971-5169
- **Preparing for Breast Cancer Surgery:** 973-971-6175
- **Prostatectomy Pre-Operative Class:** 973-971-6800
- **Smoking Cessation Support:** 973-971-7971

#### Peer to Peer

- **Various dates and times**
- **FEE: FREE**

- **National Ovarian Cancer Coalition:** newjersey@ovarian.org, 973-841-4313
- **Ostomy Group:** 973-971-5522
- **Platelet Disorder Self-Help Support Group:** 973-971-1819

#### Atlantic Health System Birthday Card Purchase

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)
### EVENT DETAILS AND LOCATION

<table>
<thead>
<tr>
<th>DATE AND TIME</th>
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<th>CONTACT AND FEES</th>
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<tbody>
<tr>
<td><strong>DIABETES WELLNESS</strong></td>
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| Thursdays, December 5, 2019, and February 6, 2020 | TYPE 1 AND INSULIN PUMPERS  
No registration is required.  
Morristown Medical Center, Mo'Town Café, 100 Madison Ave., Morristown, NJ 07960 | For more information, call 973-971-5524.  
FEE: FREE |
| Thursday, January 23, 2020, 7:00-8:00pm | TYPE 2 DIABETES SUPPORT GROUP  
No registration is required.  
Morristown Medical Center, 435 South St., Suite 340, Morristown, NJ 07960 | For more information, call 973-971-5524.  
FEE: FREE |

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<tr>
<td><strong>PARENTING &amp; CHILDBIRTH</strong></td>
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| Various dates, 8:00am-1:00pm or 6:00-8:30pm | ABCS OF GOING HOME WITH YOUR BABY  
Registration required. | For time and more information, call 973-971-5027.  
FEE: $100 PER COUPLE |
| Various dates, 6:00-8:30pm | BREASTFEEDING YOUR BABY, PART I  
Registration required. | FEE: $50 PER COUPLE |
| Various dates, 6:00-8:00pm | BREASTFEEDING YOUR BABY, PART II  
Registration required. | FEE: $35 PER COUPLE |
| Various dates, 6:00-8:00pm | BREATHING AND RELAXATION TECHNIQUES  
Registration required. | FEE: $50 PER COUPLE |
| Various dates, 6:30-9:30pm | PREPARED CHILDBIRTH CLASS  
Registration required. | FEE: $250 PER COUPLE |
| Various dates, 8:00am-4:00pm or 9:00am-5:00pm | PREPARED CHILDBIRTH CLASS (LAMAZE)  
Registration required. | FEE: $150 PER COUPLE FOR A THREE-CLASS SERIES |

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<tr>
<td><strong>STROKE SUPPORT GROUPS</strong></td>
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| Tuesdays, November 12, December 10, January 14, February 11 and March 10, 12:30-2:00pm | NAVIGATING THE HEART FAILURE MILRINONE JOURNEY  
Registration required.  
Morristown Medical Center, Gagnon Cardiovascular Institute, 100 Madison Ave., Wilf A Conference Room – Level C, Morristown, NJ 07960 | For more information, call 973-971-7901 or email kathleen.hollasch@atlantichealth.org.  
FEE: FREE |
| Thursdays, 11:30am-12:45pm | BETTER BREATHERS CLUB  
Registration required.  
Morristown Medical Center Health Pavilion, 333 Mount Hope Ave., Third Floor Community Room, Rockaway, NJ 07866 | For more information, call 1-800-247-9580.  
FEE: FREE |
| Mondays, 7:00-8:00pm | OVEREATERS ANONYMOUS  
435 South St, Third Floor Conference Room, Morristown, NJ 07960 | For more information, call 973-960-1564.  
FEE: FREE |
| Tuesdays, December 3, January 28, February 25 and March 24, 12:30-2:00pm | HEART FAILURE SUPPORT GROUP  
Morristown Medical Center, Gagnon Cardiovascular Institute, 100 Madison Ave., Wilf A Conference Room – Level C, Morristown, NJ 07960 | For more information, call 973-971-7901.  
FEE: FREE |

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<td><strong>NEW VITALITY</strong></td>
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| Various dates and times | NEW VITALITY PROGRAM  
If you’re over the age of 65 and are looking for new ways to enhance your health and social life, join New Vitality. Membership is free and offers access to classes, selected health screenings, a quarterly magazine, and special events. New Vitality programs are held at various locations throughout Atlantic Health System. Most programs are free; others may require a small fee. | For complete listing of classes, activities and to join the New Vitality Program, call 1-844-472-8499 or visit atlantichealth.org/newvitality.  
FEE: MEMBERSHIP IS FREE |
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