

AtlanticView

at Newton | Fall 2018/Winter 2019



MOMENTS THAT MATTER
**CLEARED
FOR TAKEOFF
AFTER BREAST
CANCER**

Read Susan's Story

Outpatient Rehab –
We Keep You Moving

#AskHer –
Encourage the
women in your
life to get a
mammogram



Atlantic Health System
Newton Medical Center

Greetings,

I am proud to let you know that Newton Medical Center has, for the fourth consecutive time, earned an "A" rating in patient safety from The Leapfrog Group, a national patient safety group. We are also finalizing our implementation of Epic, a streamlined medical records technology that will allow us to coordinate your electronic health record to connect Atlantic Health System hospitals, acute care centers, physician offices, laboratories and imaging centers to deliver better coordinated care.

In this issue of *AtlanticView at Newton*, we're inviting you to #AskHer. This important annual campaign reminds the women in our lives to commit to scheduling their annual mammogram. So, be sure to ask her! In our Moments That Matter feature, you'll meet Susan, a retired Air Force pilot now serving as a pilot for a major U.S. airline, who faced a breast cancer diagnosis head on and came out with flying colors.

You'll read about the many ways that our specialized therapists at outpatient rehabilitation centers meet the needs of patients recovering from an accident, illness, surgery or cancer treatment. You'll also read that our board-certified OB/GYN hospitalists are always available to meet any needs of moms-to-be and new moms throughout their hospital stay; learn about therapy to reduce suicidal behaviors; how to prevent and treat kidney stones; and discover four new pancreatic cancer clinical trials.

In our Community Calendar, you'll find classes, activities and support groups to keep you busy throughout the fall and winter.

I hope you enjoy the change of season, and know we are here for your health care needs.



JOSEPH DIPAOLO
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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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OB/GYN Hospitalists – Always Here for You

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Moments That Matter: Cleared for Takeoff

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CEO's corner

Delivering Well-Connected, Coordinated Care

Over the last year, Atlantic Health System has streamlined medical records using an advanced technology known as Epic.

This online platform creates a single electronic health record for each patient. It also connects physicians and practitioners at different locations, simplifying communication between you and your care team.

Whether you visit Atlantic Health System hospitals, acute care centers, physician offices, laboratories or imaging centers, you now have access to your medical and prescription history—and test results—right on your phone.

Beyond providing greater convenience, Epic helps us deliver better coordinated care. With all of your caregivers securely linked to accurate, real-time information about your health and wellness, you benefit from better clinical decision making and reduced paperwork and testing.

2018 has truly been an Epic year for Atlantic Health System. We thank you and your family for entrusting us with your care, and we look forward to sharing this innovation with you.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System

health briefs

Working Toward a Healthier Community

NEWTON MEDICAL CENTER EARNS AN 'A' IN PATIENT SAFETY

For the fourth consecutive time, Newton Medical Center has earned an "A" rating in patient safety from The Leapfrog Group, a national patient safety group.



Now in its third year, **#AskHer** is a movement that has impacted hundreds 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.

Call 973-829-4263 or visit AtlanticHealth.org/askhernow.



Atlantic Health System

CHILTON | HACKETTSTOWN | MORRISTOWN | NEWTON | OVERLOOK



Epic Propels Atlantic Health 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 ... system wide.

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.**

New Study Shines Light on Breast Cancer Treatment Recommendations

Bonni Guerin, MD, medical director, Breast Cancer Treatment and Prevention, Overlook Medical Center, and her patients have helped demonstrate that many women with breast cancer do not need chemotherapy.

Results of the 10,000-participant TAILORx trial showed that up to 70 percent of women with the most common type of breast cancer may not benefit from chemotherapy. Dr. Guerin and researchers at nearly 1,200 sites on five continents randomly assigned breast cancer patients into two groups: One group received hormone therapy alone, while the second group received hormone therapy plus chemotherapy.

For this group of patients at intermediate risk, hormone therapy prevented their cancer from recurring or spreading to their lymph nodes as effectively as hormone and chemotherapy combined. While these results held true for women age 50 or older, some patients who were premenopausal and/or under 50 were found to benefit from chemotherapy.



Bonni Guerin, MD, in lab at Overlook Medical Center's Carol G. Simon Cancer Center

ATLANTIC MEDICAL GROUP

Dr. Guerin is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information about research and trials, visit atlantichealth.org/research.

MORE URGENT CARE CENTERS



Atlantic Health System Collaborates with MedExpress

Atlantic Health System and MedExpress, a neighborhood health care provider, have announced a collaborative initiative that will enable them to seamlessly coordinate care. MedExpress urgent care centers offer a broad scope of affordable walk-in care, employer health services, and basic wellness and prevention services. They also provide access to an Atlantic Health System facility if additional or more advanced care is needed.

MedExpress locations can also serve as an extension of the services available within Atlantic Health System. **Visit atlantichealth.org/medexpress for more information.**



Renowned Orthopedic Oncologist Joins Atlantic Health System

Internationally recognized orthopedic oncologist James C. Wittig, MD, has been named chairman of the Department of Orthopedics, Morristown Medical Center, and medical director of orthopedic oncology for Atlantic Health System. Dr. Wittig is one of approximately 100 orthopedic oncologists in the nation. He is acclaimed for his work treating and researching pediatric and adult patients with bone and soft tissue cancers and benign and metastatic cancers. He will have oversight across Atlantic Health System's six hospitals and will focus on ensuring outstanding quality, academic excellence and optimal operational performance. Dr. Wittig says he is "honored to be selected as the new chairman for a truly accomplished department of orthopedic surgeons at one of the best medical systems in the United States. I look forward to continuing to build this premier department and expand the orthopedic oncology offerings."

Dr. Wittig can be reached at Atlantic Orthopedic Oncology and Sarcoma at 833-292-BONE (2663).



Always Here for You

OB/GYN hospitalists help ensure moms and babies are safe

Having a baby is a joyous occasion, but it can also be unpredictable. Mothers who deliver their child at Newton Medical Center can rest assured that should the need arise, a board-certified obstetrician/gynecologist (OB/GYN) hospitalist is on-site 24 hours a day, seven days a week.

"If there was an emergency and the patient's doctor/midwife can't get there in time, they don't need to be worried because there is a board-certified OB/GYN in-house all the time. Their primary role is to make sure everything is safe and going well for mom and baby," says Diana Contreras, MD, chairman of the department of Obstetrics, Gynecology and Women's Health for Atlantic Health System.

An OB/GYN hospitalist is a board-certified obstetrician/gynecologist who specializes in the care of women during labor. According to Dr. Contreras, "Hospitalists do not replace your provider. But if something needs to happen immediately, we're here to help."

The OB/GYN hospitalist is part of the health care team that includes the patient's primary care provider and hospital nurses. They not only assist the patient's primary care doctor in case of an emergency, but they coordinate care supervision with the nursing staff and play a key role in promoting patient safety.

"Patients will meet the hospitalist soon after they're admitted. The hospitalists introduce themselves, so everyone knows the team," says Dr. Contreras.

Dr. Contreras adds, "Patients love the idea that they have somebody in-house who's watching over them. Things can change quickly in labor and delivery, and it's comforting to know someone is watching over things, 24/7, and there are extra sets of highly qualified hands available."

Dr. Contreras says, "It's our commitment to the moms and babies to make sure their entire experience is a really safe and positive one." ▲

For more information, visit atlantichealth.org/conditions-treatments/maternity.html.



Susan and Dr. Sarah O. Chima

Photo credit: Dan Freel, *New Jersey Herald*

CLEARED FOR TAKEOFF

Sparta pilot flies high after successful cancer treatment

Retired Air Force pilot Susan Foy is no stranger to challenging missions – from flying in the Middle East shortly after 9/11 to landing Air Force 2 with Vice President Joe Biden aboard.

Facing a diagnosis of breast cancer was no different.

After a routine mammogram detected a small tumor last April, Susan turned to a multidisciplinary team of Atlantic Health System specialists to help her navigate the challenges of treatment.

FACING ROUGH AIR

The Sparta mother of two quickly met with Sarah O. Chima, MD, at Newton Medical Center, and they scheduled a biopsy. “When the call came that the results were not good, I was surprised,” Susan recalls. “But somehow in the back of my head, I thought, ‘I can do this; I’m strong and healthy, I can tackle it.’”

“As a pilot, she was concerned about returning to flying as quickly as possible,” recalls Dr. Chima. “Together, we were able to determine a course of treatment that would allow that without compromising her care.” While a partial mastectomy followed by radiation was an option, Susan opted for a full mastectomy and targeted chemotherapy with May Abdo-Matkiwsky, DO, medical oncologist with Regional Cancer Care in Sparta and on staff at Newton Medical Center.

“Our goal was to work as a team with Susan and her husband, and a successful outcome was achieved due to the grace and perseverance Susan exemplified,” adds Dr. Abdo-Matkiwsky.

Surgery was successful, and plastic surgeon Daniel Schmid, MD, worked alongside Dr. Chima to perform initial reconstruction the same day. By the week after Thanksgiving, Susan had her last round of chemo and was the guest of honor at a surprise “cancer-free party” her husband threw in December. The final reconstruction was completed several weeks later, after her immune system was back to 100 percent.

A SMOOTH LANDING

Now back in the pilot’s seat for a major U.S. airline, Susan credits Newton Medical Center with saving her life not once, but twice. As a three-year-old with a prolonged bout of vomiting, Susan was rushed into surgery at Newton after an intestinal blockage was discovered. The surgery saved her life.

Some 45 years later, she is grateful that the hospital is now home to the Center for Breast Health, the only one of its kind in Sussex County. “The thought of having to go to Morristown or even New York for treatment was just too much. I am thrilled to have such a quality medical center with capable staff right here.”

Atlantic Health System is a major research clinical affiliate of the Cancer Institute of New Jersey.

ATLANTIC MEDICAL GROUP

Dr. Chima is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroupnj.org

A DEEPER DIVE INTO MENTAL HEALTH

Structured therapy helps reduce suicidal behaviors in adults and teens

Many people suffering from depression undergo some type of therapy, such as cognitive behavioral therapy. But for those with more severe forms of mental illness with frequent suicidal thoughts or self-injurious behaviors, dialectical behavior therapy (DBT) goes a step further in helping people change their thinking, feelings and behaviors.

"It's not like many peoples' idea of therapy in the sense of talking about their past, current issues and gaining understanding," says Roger Cherney, PsyD, manager of behavioral health services for Newton Medical Center. "DBT is focused on skill building and helping a person learn tools so they can change their thoughts, emotions and actions."

DBT focuses on four main areas: mindfulness, emotional regulation, interpersonal and distress tolerance skills. "It is about helping a person develop strategies to live a healthier, more satisfying life and reducing emotional pain and despair, self-harm, suicidal behavior, and the need for hospitalization," says Dr. Cherney.

During the 12-month program, patients participate in weekly two-hour group therapy

sessions that follow a predetermined skills training model. Weekly individual sessions focus on developing mastery of the skills. Structured homework and self-monitoring are key parts of the program. "If someone is very distressed, they learn to accept their experience and to use the tools in their toolkit. There may be a number of things they can do," says Dr. Cherney. "They can focus on distress tolerance and mindfulness by going outside and taking 10 minutes to look at the lilacs, take a warm bath, or listening to some soothing music. They learn to use what works for them. They engage in constructive activity."

In addition to weekly group sessions and homework, participants have weekly individual coaching; they can also call their clinician to discuss situations that may arise.

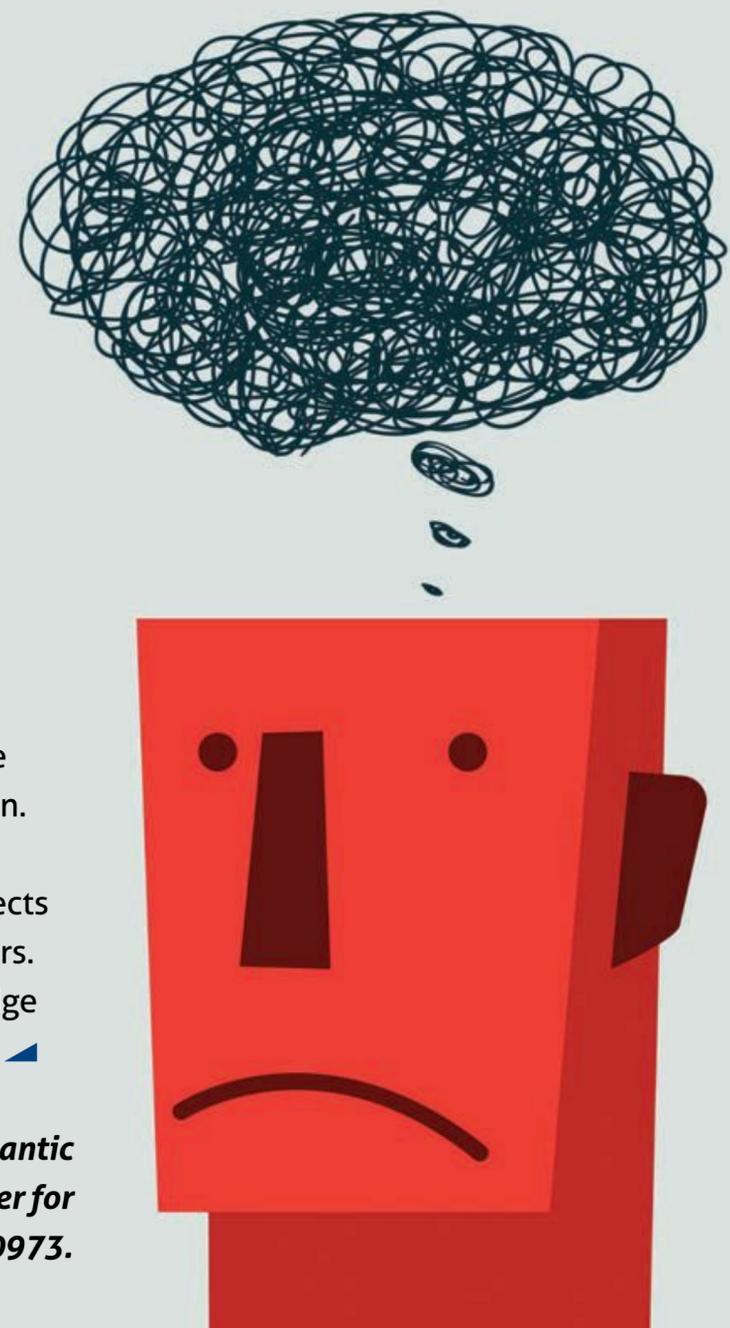
An adolescent dialectical behavior therapy program is available for teens aged 14 to 17. A family member participates with the teen in the 16-week program.

"When people first start DBT treatment, they often describe their life as a literal living hell," says Dr. Cherney. "DBT is a well-researched, effective approach to difficult emotional problems. We can help adults and teens learn the skills to lessen their suffering and create a life worth living." ▲

For more information on the DBT program at the Atlantic Behavioral Health Access Center at Newton, call 1-888-247-1400. Individuals can self-refer or be referred by a health care provider.

NO MORE WHISPERS is a campaign to end the whispering about mental illness and addiction. There is no shame. You can't catch it and, like many other diseases, no one asks for it. It affects all ages, ethnicities, income levels and genders. We all know someone. Don't fear it. Don't judge it. Understand it. Let's not whisper anymore. ▲

For more information and help, contact Atlantic Health System's Crisis Hotline phone number for Newton Medical Center: 973-383-0973.



WE KEEP YOU MOVING

Recovering from an accident, illness, surgery or cancer treatment can require weeks – or even months – of specialized care. That’s where outpatient rehabilitation comes in. It helps restore mobility and independence – and it can be the single biggest factor influencing the quality of the rest of your life.

“Whether your goal is to get back your golf swing or learn to walk all over again, there are a wide variety of outpatient rehabilitation programs in every geographic region served by Atlantic Health System medical centers,” says Dan Whelan, director of outpatient rehabilitation services. “We have a responsibility to make care accessible to patients in every community we serve and to maintain the same high standard of care throughout those facilities.”

TALENT, TEAMWORK AND THE THERAPIST-PATIENT RELATIONSHIP

With more than 160 staff members working at more than a dozen outpatient rehabilitation locations, there are specialized therapists, programs and advanced therapeutic devices to meet every patient’s unique needs. Multiple centers offer physical, occupational and speech therapy; audiology; stroke rehabilitation; lymphedema management; pelvic floor rehabilitation; and more.

“Much emphasis is placed on the therapist-patient relationship, with therapists assigned to the same patient for each session.”

– Dan Whelan, director of outpatient rehabilitation services

A commitment to excellence among Atlantic Health System outpatient rehabilitation facilities begins with the therapists, many of whom have earned specialty certifications in addition to advanced degrees from the American Board of Physical Therapy Specialties.

“Much emphasis is placed on the therapist-patient relationship, with therapists assigned to the same patient for each session,” points out Whelan. “This systemwide strategy puts patients on a productive path to recovery under the supervision of therapists who become partners in that journey.”

To help ease the transition from outpatient therapy to home, many Atlantic Health System outpatient facilities have established on-site fitness centers, which patients can join for a nominal monthly fee.

“Just because you’re discharged, doesn’t mean you’re forgotten,” remarks Paul Cuntala, PT, DPT, of Hackettstown Medical Center. “Our exercise physiologists understand your health history, can explain how to properly use the machines, and can assist your progress. Fifty percent of our joint replacement patients opt to join our fitness center because they feel more comfortable under our watchful eyes.”

GROWING NEED FOR CANCER REHAB

“We are seeing a tremendous increase in the number of cancer patients coming for rehabilitation,” observes Whelan. “The aftereffects of lifesaving cancer treatment can include pain, lymphedema, and problems with coordination, balance, range of motion, strength, endurance, and flexibility. An individualized and comprehensive rehabilitation program can help patients restore optimal physical functioning following cancer surgery, chemotherapy or radiation.”

As the baby boom population ages and osteoarthritis rises, our outpatient therapists are helping a growing number of patients regain mobility following joint replacements. “We’re not only helping people resume their daily lives, we’re putting more people in their 50s, 60s, 70s and 80s back on the ski slopes and tennis courts than ever before!” remarks Whelan.

SPECIALIZED OUTPATIENT REHABILITATION PROGRAMS

Aquatic Therapy (908-598-6594)

Patients with reduced mobility and limited strength who cannot tolerate weight-bearing exercises on land are buoyant over the aquatic therapy program, located at Berkeley Aquatic Club in New Providence. Therapists use the underwater treadmill, stairs, resistance jets, and other aids to help patients improve function, balance, strength, circulation, sensation, and motor control.

Neuro Rehab (908-522-2215)

Patients recovering from strokes, brain injuries, movement or vestibular disorders, neurodegenerative diseases, gait/balance dysfunction, and spinal cord injuries can receive specialized care at Atlantic Rehabilitation. The centers, including the new Gerald J. Glasser Center for Neuro Rehabilitation, offer physical therapy, occupational therapy, speech-language

“We’re not only helping people resume their daily lives, we’re putting more people in their 50s, 60s, 70s and 80s back on the ski slopes and tennis courts than ever before!”

– Dan Whelan

pathology, and audiology to improve physical functioning, communication, swallowing, visual/perceptual deficits, and cognitive dysfunction. There is also a working kitchen and washer and dryer for occupational therapy, private treatment rooms, and a biweekly prosthetic/orthotic clinic.

Amputee Walking School (multiple locations: 1-800-247-9580)

Patients of all ages and levels of lower limb amputation can attend this advanced gait training and running program, offered at many Atlantic Rehabilitation facilities. Those beginning the Amputee Walking School will learn basic exercises and stretches designed to improve their walking gait with their prosthetic devices. Training is customized to their individual needs.

Orthopedics and Sports Rehabilitation

Therapists work with patients and their doctors to create a customized rehabilitation treatment plan for arthritis and other chronic pain issues; exercise-related or sports injuries; overuse injuries; postsurgical rehabilitation, including joint replacement surgery, reconditioning after illness, and other spine and joint ailments.

Patients recovering from an injury or looking to improve their performance in their sport can benefit from Cybex and Arc machines; elliptical trainers; the AlterG Anti-Gravity Treadmill; concussion rehabilitation services; functional movement screening; sports-specific strengthening programs; yoga and Pilates; 3-D motion capture advanced motion analysis; Biodex isokinetic muscle assessment and rehabilitation; and Titleist golf swing analysis. ▲

Visit atlanticealth.org/outpatientrehab for more information on our services.



REHAB WORKS – JUST ASK ME



Phil Glorioso works as a mate on a dive boat out of Brielle, NJ. But when the 75-year-old from Oakland strained a muscle doing home repairs, he turned to Chilton Medical Center’s outpatient sports medicine facility, where he had been previously treated and knew he would again be in the best possible hands.



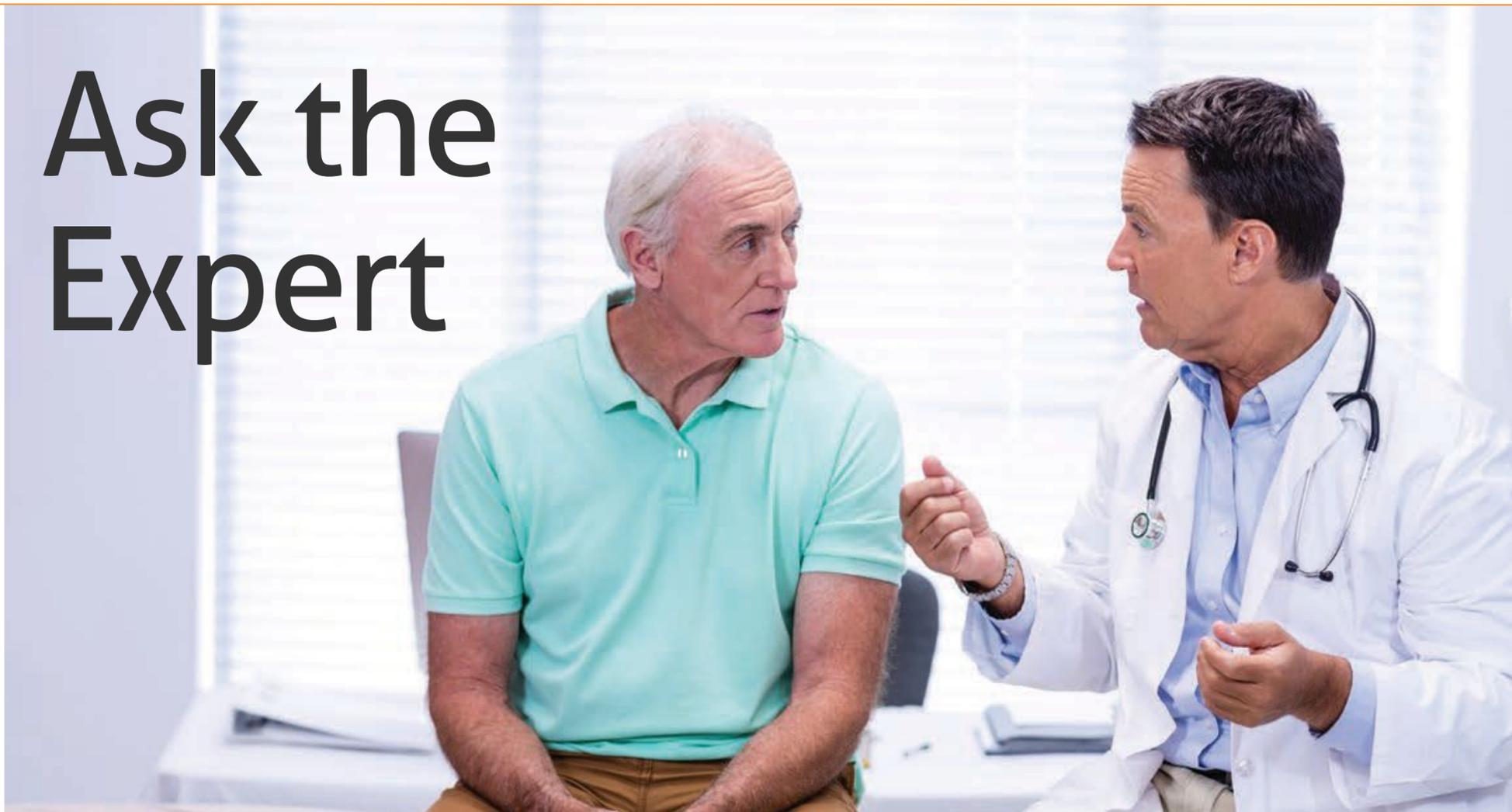
Born with club feet, 48-year-old Ron Conti wore leg braces through sixth grade and struggled with limited mobility and significant pain as he entered adulthood, got married and had a family. Determined to improve his quality of life, he and his doctors discussed a radical solution – amputation.



When a basketball game resulted in a fracture, 23-year-old Matt Eisenbud was left with a rod, plate and screws holding his lower left leg together following surgery at Overlook. Matt spent weeks on crutches, and then switched to aquatic therapy, which allowed him to perform movements more easily than on land.

Read Phil's, Ron's and Matt's full stories here: atlanticealth.org/rehabstory.

Ask the Expert



Q: My doctor told me I have a kidney stone. How can I prevent and treat stones in the future?

A: If you suspect you have kidney stones, it is important to see your urologist. Larger kidney stones and stones in the ureter (the tube that drains the urine from the kidney to the bladder) need to be assessed for removal, as do stones causing pain, infection or obstruction.

TREATMENT OPTIONS

Once it has been determined that the stone will not pass or needs to be treated based on size, usually 5 millimeters (mm) or larger, there are three minimally invasive options for stone removal: percutaneous nephrolithotomy or PNL, which involves putting a scope through a small opening in the back and into the kidney to remove stones via ultrasound; ureteroscopy, where a small camera is placed up the ureter, then a laser is used to break the stones; and extracorporeal shock wave lithotripsy (ESWL), where ultrasound waves are used to break up stones from outside the body.

ESWL or ureteroscopy are good options for managing stones in the ureter. ESWL is the treatment of choice for most small kidney stones, while PNL is the preferred method of stone removal for larger renal stones.

PREVENTING STONES

A variety of medical treatments may help to prevent future stones. Dehydration is linked to 90 percent of stones. A patient's goal should be 100 oz. water daily as long as he or she has no medical contraindication. Your urologist will send you for a study to discover why you are forming stones. Some patients have elevated calcium in urine which may be treated with diuretics; low citrate in urine is treated with potassium citrate; and low urine pH is treated with sodium bicarbonate.

With medical treatment, more than 75 percent of stones can be prevented, however, medications do not dissolve preexisting calcium stones.

- Matthew Hall, MD, is a urologist at Atlantic Health System's Hackettstown and Newton medical centers ▲

For more information, please visit atlanticealth.org/conditions-treatments/urology.html.



A New Collaboration Announced for Clinical Trials

Six regional health systems have announced the founding of a nonprofit clinical research consortium – Partners in Innovation, Education and Research (PIER Consortium™) – a streamlined clinical trial system that will span New Jersey and Pennsylvania.

The founding members of PIER Consortium include Atlantic Health System, Drexel University, Einstein Healthcare Network, Geisinger, including AtlantiCare, Main Line Health and Thomas Jefferson University.

Clinical trials have traditionally been offered at academic medical centers and through affiliated hospitals to ensure patients are treated safely and effectively with the best standard of care. Unfortunately for patients, this can mean traveling many miles, sometimes across the country, for novel treatment. The PIER Consortium will bring new clinical trial sites to larger numbers of patients, while also bringing new treatments to market faster.

“Atlantic Health System has a long history of conducting clinical trials, enabling many of our patients to participate in new cutting-edge treatments in their community,” says Jan Schwarz-Miller, MD, MPH, SVP, chief medical and academic officer for Atlantic Health System. “PIER will allow Atlantic Health System to add to its portfolio and assist in moving research studies along faster. We also have the opportunity to work within the consortium to develop and lead studies that will have greater impact to the patients we serve. With all of the health systems participating in PIER, the needed number of study participants can be identified faster and the benefit of the treatment can be determined sooner.”

Visit pierconsortium.org for more information.

Now Enrolling Patients in Four Pancreatic Cancer Clinical Trials

Atlantic Health System is currently enrolling patients in four pancreatic cancer clinical trials. Angela Alistar, MD, a nationally known expert on pancreatic cancer, serves as national principal investigator (PI) on the first trial and as local PI on the other three.

“We are fortunate to be able to offer these studies to people with this difficult-to-treat, aggressive cancer,” says Dr. Alistar, who serves as director of GI medical oncology for Carol G. Simon Cancer Center at Morristown Medical Center. “Our pancreatic cancer program is unique, and our ability to provide access to these clinical trials is one important aspect of our uniqueness. New and more effective treatments are desperately needed.”

Five-year survival rates for pancreatic cancer are low, and pancreatic cancer is now the third leading cause of cancer-related deaths in the U.S.

The studies enrolling patients include:

- A Phase I combination drug therapy designed for patients with locally advanced or metastatic pancreatic cancer never treated with systemic chemotherapy. **Atlantic Health System is the only one in the nation to offer this promising study.**
- A Phase II study to examine the safety and effectiveness of an antioxidant/chemotherapy intravenous infusion in advanced pancreatic cancer patients.
- A Phase II trial of immunotherapy maintenance in patients with stage IV pancreatic cancer who are in remission or partial remission.
- A study to compare chemotherapy against a combination of chemotherapy and radiation therapy prior to surgery. ▲

To learn more about these studies, please call the Atlantic Center for Research at 973-971-6608 or visit atlantichealth.org/pancreas.

Change Lives With a Gift

To honor and celebrate others who remember the hospital in their estate plan, Newton Medical Center created the Condit Legacy Society, named after George and Blanche Condit, who donated the land on which the hospital sits.

This honorary society recognizes those who name the hospital as a beneficiary in their will, retirement plan, donor advised fund or life insurance policy; establish a charitable gift annuity or trust; or create an endowed fund at Newton Medical Center. These visionary donors are carrying on a tradition of philanthropy that supports exceptional, compassionate care, and state-of-the-art technology and programs.

We are profoundly thankful for the generosity bestowed by generations of patients and families. Your philanthropic support will help Newton Medical Center continue to provide the high-quality care that we've been providing for more than 80 years. It's because of you that we can live our mission every day: Providing exceptional, compassionate health care, close to home.



We're here to answer any questions you might have about planned giving. We can examine your particular situation and, together with your attorney and/or financial advisers, help you find ways to support our mission while ensuring your family's financial security. For more information, please visit atlanticealth.mylegacygift.org or call Megan Sandow, chief development officer, at 973-579-8309. Your legacy can truly make a difference. ▲

Save the Date

On Saturday, November 10, 2018, the annual C. Edward McCracken Festival of Lights, a beloved holiday tradition for families throughout the region, will mark its 27th year illuminating the campus of Newton Medical Center. This year's event will honor Paul Owens, MD, chief medical officer for Newton Medical Center and Hackettstown Medical Center. Dr. Owens has been a compassionate member of the Newton Medical Center family since 2012 and has been serving the community as a dedicated cardiologist for many years prior. Dr. Owens has been an innovative leader, helping to implement important new programs and services that bring our hospital into the future of health care delivery. The event transforms the hospital grounds, dramatically illuminating the main entrance with enduring hope and inspiring vital donations, including trees and lights in memory and honor of loved ones. Please save the date and join us in kicking off the holiday season. ▲



PHOTO BY B. DECKER PHOTO

Registration is required for all programs through **973-579-8340** (unless otherwise noted).

▲ BEHAVIORAL HEALTH

The following entries are behavioral health groups located at Milford Health & Wellness, 111 East Catharine St., Milford, PA 18337. Registration is required – call 570-409-8484, ext. 501, for information and to register.

ASSESS YOUR STRESS LEVEL

Ongoing programs. Call for dates.
Wednesdays, 3:00-5:00pm

HIGH SCHOOL LIFE SKILLS TRAINING

Ongoing programs. Call for dates.
Thursdays, 3:30-4:45pm

MIDDLE SCHOOL LIFE SKILLS TRAINING

Ongoing programs. Call for dates.
Tuesdays, 4:15-5:30pm

'MORE THAN SAD' FOR TEENS

Ongoing programs. Call for dates.
Wednesdays, 4:00-5:00pm

PARENT LIFE SKILLS TRAINING

Ongoing programs. Call for dates.
Mondays, 5:00-6:15pm

PARENTS FOR PREVENTION: PARENTS GROUP

Ongoing programs. Call for dates.
Thursdays, 5:15-6:30pm

SAVVY CAREGIVER

Ongoing programs. Call for dates.
Wednesdays, 10:30am-Noon

The following entries are outpatient behavioral health groups located at Newton Medical Center, 175 High St. Registration is required – call 1-888-247-1400. For more information, call 973-579-8581.

ADOLESCENT DBT GROUP

Skills taught to teens to deal with challenges in their daily lives, as well as regulate emotions. Intended for ages 14-17. This is a 12-week session; must attend from the beginning. Call for next start date.
Thursdays, 6:30-8:00pm

ADVANCED DBT GROUP

Tuesdays, 3:30-4:30pm

CO-OCCURRING DISORDERS AND SUBSTANCE ABUSE GROUP (16-WEEK PROGRAM)

Tuesdays, 1:00-2:00pm; Thursdays, 7:00-8:00pm

n e w v i t a l i t y is Atlantic Health System's unique health and wellness program tailored to meet the needs of today's adults 65 and over. At Atlantic Health System, our vision is to improve lives and empower communities through health, hope and healing.

For more information about *New Vitality*, call toll-free 844-472-8499 or visit atlanticealth.org/newvitality.

COPING WITH ANXIETY

Thursdays, 1:00-2:00pm

DBT GROUP

Mondays, 12:30-2:30pm; Tuesdays, 6:00-8:00pm; Thursdays, 11:00am-1:00pm

DBT SKILLS GROUP FOR ADULTS

Twelve rotating sessions highlighting essential dialectical skills.
Tuesdays, 11:30am-12:30pm

DEPRESSION GROUP

A therapy group to understand depression and to learn strategies to minimize the impact of depression in your life.
Thursdays, 10:30am-Noon;
Fridays, 12:30-1:30pm

LIVING WITH CHRONIC ILLNESS

Tuesdays, 1:00-2:00pm

TRAUMA-INFORMED PEER SUPPORT GROUP

Thursdays, 6:30-7:30pm (participant must have individual therapist)

VETERANS PTSD GROUP

First Thursday of the month, 5:00-6:00pm

WELLNESS AND RECOVERY GROUP

Every other Tuesday, 2:00-3:00pm

WOMEN'S DEPRESSION AND ANXIETY GROUP

Mondays, 10:15-11:45am

▲ NUTRITION

HIDDEN SALTS IN FOODS

Discuss how to distinguish salt in the food we eat.
Friday, December 7, 10:00-11:00am

Sussex County YMCA, 15 Wits End Drive, Hamburg, NJ 07419
To register, call 973-209-9622.

HIDDEN SUGARS IN FOODS

Learn about modified, concentrated and synthetic sugars in the food we eat.
Friday, November 2, 10:00-11:00am
Sussex County YMCA, 15 Wits End Drive, Hamburg, NJ 07419
To register, call 973-209-9622.

LOWER YOUR CHOLESTEROL NATURALLY

Learn about foods and exercise that can contribute to lowering cholesterol.
Friday, October 5, 10:00-11:00am
Sussex County YMCA, 15 Wits End Drive, Hamburg, NJ 07419
To register, call 973-209-9622.

▲ PARENTING & CHILDBIRTH

CHILDBIRTH EDUCATION

This class covers the stages of labor, comfort measures, hospital routines, cesarean birth, labor variations, relaxation and breathing techniques, role of the coach, when to call the practitioner, pain management, and the immediate postpartum period. Please bring two pillows, a lunch and snacks.
Saturday, September 15, 8:30am-3:30pm
\$130 per couple
Newton Medical Center, Conference Room A/B, 175 High St., Newton, NJ 07860

MATERNITY TOURS

The Maternity Center Tour gives our participants an overview of the labor, delivery and postpartum. Registration is required by mom and one guest. Tour organizers must have both names (mom and guest). Mom

and guest should enter through the main entrance. At the desk, the receptionist will direct you to the Maternity Center waiting room and notify the maternity staff.

Various dates and times

*Newton Medical Center, 175 High St.,
Newton, NJ 07860*

SAFE SITTER

This course teaches about caring for a choking infant or child, including infant/child CPR and injury prevention. The class also discusses behavior management, babysitter safety, child care essentials and babysitting as a business.

*Saturday, October 20; Thursdays, November 23
and December 27*

*Newton Medical Center, 175 High St.,
Newton, NJ 07860*

For times, call 973-579-8653.

Preregistration is required.

SENIOR HEALTH

CHAIR EXERCISES FOR OLDER ADULTS

Attend a three-class series and learn how to do your own exercises at home. Participants will receive an exercise ball and manual.

*Thursdays, September 13-27, 1:00-2:00pm
Milford Health and Wellness Center, 111 East
Catharine St., Milford, PA 18337*

*Preregistration is required. To register, call
1-844-472-8499.*

SUPPORT GROUPS

ALZHEIMER'S DEMENTIA SUPPORT GROUP

*Fourth Saturday of the month, 10:00am-Noon
Newton Medical Center, Romano Conference
& Education Center, Room 106, 175 High St.,
Newton, NJ 07860*

For more information, call 973-579-8600.

BARIATRIC SURGERY SUPPORT GROUP

*First Tuesday of the month, 6:00-7:00pm
Newton Medical Center, Romano Conference
& Education Center, 175 High St.,
Newton, NJ 07860*

For more information, call 973-579-8341.

BETTER BREATHERS CLUB

*Fourth Tuesday of the month, 11:30am-1:15pm
Newton Medical Center, Romano Conference
& Education Center, 175 High St.,
Newton, NJ 07860*

To register, call 973-579-8373.

BREAST CANCER SUPPORT GROUP

*Second Tuesday of the month, 6:00-7:00pm
Sparta Health & Wellness, 89 Sparta Ave.,
Sparta, NJ 07871*

CANCER SUPPORT GROUP

*Fourth Thursday of the month, 3:00-4:00pm
Newton Medical Center, 175 High St.,
Newton, NJ 07860*

*Call 973-579-8620 for preregistration
and location.*

HEART FAILURE SUPPORT GROUP

*Second Thursday of the month, 1:00-2:00pm
Newton Medical Center, Emergency
Department Conference Room, 175 High St.,
Newton, NJ 07860*

To register, call 973-579-8364.

PERINATAL LOSS SUPPORT GROUP

*Second Tuesday of the month, 7:30-9:00pm
Newton Medical Center, 175 High St.,
Newton, NJ 07860*

*For preregistration and more information,
call 973-940-8140.*

STROKE SUPPORT GROUP

*Fourth Tuesday of the month, 6:00-7:00pm
Newton Medical Center, Emergency
Department Conference Room, 175 High St.,
Newton, NJ 07860*

To register, call 973-579-8620.

MISCELLANEOUS

AMPUTEE WALKING SCHOOL

*Saturday, September 15, 9:00am-Noon
Newton Medical School, 175 High St.,
Newton, NJ 07860*

DINNER & LECTURE: BREAST HEALTH - WHAT TO EXPECT FROM THE UNEXPECTED

Join breast surgeon Dr. Cynthia Jones to learn what to expect if you have a concern about your breast health.

*Thursday, October 11, 5:30pm (dinner);
6:00-7:00pm (lecture)*

\$8

*Newton Medical Center, Romano
Conference & Education Center,
175 High St., Newton, NJ 07860*

DINNER & LECTURE: STRESS AND YOU – KNOWING THE SIGNS

Learn how to recognize physical, emotional and behavioral warning signs of stress.

*Wednesday, September 26, 5:30pm (dinner);
6:00-7:00pm (lecture)*

\$8

*Newton Medical Center, Romano
Conference & Education Center,
175 High St., Newton, NJ 07860*

*Preregistration is required. To register,
call 1-844-472-8499.*

EARLY BIRD DINNER & LECTURE: MEDICARE BASICS (NEW VITALITY PROGRAM)

Learn about the basics of Medicare and what you need to know before the Medicare open enrollment period.

*Wednesday, September 12, 4:30 (light dinner);
5:00-6:00pm (lecture)*

\$3

*Newton Medical Center, 175 High St.,
Newton, NJ 07860*

*Preregistration is required. To register,
call 1-844-472-8499.*

IS BARIATRIC SURGERY RIGHT FOR ME?

This is a live webinar presented by New Jersey Bariatric Center.

*Thursdays, September 13, October 11,
November 8 and December 13, 6:00-7:00pm
To register, call 908-481-1270.*

MANAGING MENOPAUSE WITH AND WITHOUT HORMONES

Join Dr. Omoikhefe Akhigbe, of Atlantic Medical Group Women's Health at Hackettstown, who will discuss managing some common symptoms experienced during menopause. The program is free, but registration is required.

Tuesday, October 9, 6:30-7:30pm

21 Stanhope Sparta Road, Sparta, NJ 07871

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