

AtlanticView

at Newton | Spring/Summer 2018

Letters of Gratitude
from Our Patients

At a Moment's Notice

MOMENTS THAT MATTER
A TEAM APPROACH
TO CARDIAC CARE

READ BILL'S STORY



Atlantic Health System
Newton Medical Center

Greetings,

I am very proud to let you know that Newton Medical Center is ranked in the top five for "Top Hospitals Overall" in the category of New Jersey hospitals with under 350 beds, according to Castle Connolly Medical Ltd., and reported in *Inside Jersey* magazine. This reflects on the quality of our physicians, facility and all our staff who strive to provide the best care for you every day.

Newton Medical Center also ranked as a top performer in eight categories: hip and knee repairs, neurological disorders, pain management, breast cancer, prostate cancer, congestive heart failure, stroke and high-risk pregnancies.

As part of our ongoing commitment to excellence, our hospital has achieved the Pathway to Excellence designation from the American Nurses Credentialing Center, signifying that we have created a work environment where our nurses can feel empowered. In addition, Newton Medical Center is participating in a collaboration of 12 New Jersey hospitals focused on reducing serious preventable events in health care. We're also planning a major renovation project to redesign and upgrade a 25-bed patient wing.

In this issue, you'll discover how our Emergency Department team saved and stabilized a man having one of the most dangerous types of heart attacks. You'll read some of the many letters we receive from grateful patients and their families regarding the excellent care they received from our skilled and compassionate staff. And, you'll learn more about the state-of-the-art upgrades and renovations being made to one of our inpatient units.

You'll also find a calendar of local classes, activities and support groups to keep you active throughout the spring and summer.



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

JOSEPH DIPAOLO
President,
Newton Medical Center

Managing Editor, *AtlanticView at Newton*: **Vicki Banner**
Assistant Editor: **Beth Sisk**
Contact information: **Atlantic Health System**,
475 South St., Morristown, NJ 07960
Email: atlanticview@atlantichhealth.org
AtlanticView at Newton is published for Atlantic Health System by **Wax Custom Communications**. For additional information, visit atlantichhealth.org.

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

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

Connect with us:

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



CONTENTS

Departments

- 3 CEO's Corner
- 3 Health Briefs
- 5 Research
- 10 Health & Wellness
- 13 Foundation News
- 14 Community Calendar
- 16 Locations

Features

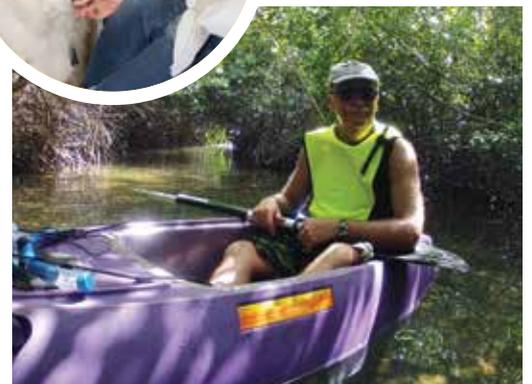
- 6 Moments That Matter:
A Team Approach to Cardiac Care
- 8 Letters of Gratitude from Our Patients
- 9 At a Moment's Notice
- 12 It's All About You – Our New Website



10
Health & Wellness
Pet Therapy

Moments That
Matter: A Team
Approach to
Cardiac Care

6



CEO's corner

Creating Healthier Communities - We're More Than Hospitals

When you hear about Atlantic Health System, you may naturally think hospitals. But "system" is what we are all about.

We are an integrated care delivery system that serves 4.9 million people across New Jersey. Integrated in that we work as a system – across more than 400 sites of care – to coordinate the health services patients need throughout their lives. We are not only healing illnesses in our hospitals, but encouraging and supporting a lifetime of health and wellness for our patients across our system of care.

Our patients connect with us through the offices of our affiliated physicians, urgent care clinics, hospitals, home care and hospice providers, rehabilitation facilities, medical laboratories, therapy and imaging centers - even from their home computers and smartphones. Should our patients need hospitalization, we are there to provide them with the best possible experience. But for everyday needs, our system of care is there, right in the heart of the communities we serve.

That's what we mean when we say that Atlantic Health System is working hard to deliver the highest quality care at the right time, at the right place, and at the right cost.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System

health briefs

Working Toward a Healthier Community

STAY ON TOP OF ATLANTIC HEALTH SYSTEM NEWS

AtlantiCast is Atlantic Health System's very own newscast. Broadcast every two weeks, AtlantiCast is a local news source for all things happening at Atlantic Health System's hospitals and the communities we serve.

You can view AtlantiCast on the television screens throughout our system as well as at atlanticcast.org. It is also available on local news outlets, including News12, Fios1, Patch and TapINTO.



FORTUNE 100 BEST COMPANIES TO WORK FOR 2018 10TH YEAR IN A ROW

ATLANTIC HEALTH SYSTEM MAKES FORTUNE'S '100 BEST COMPANIES TO WORK FOR' LIST

Atlantic Health System is celebrating after being recognized among *Fortune's* "100 Best Companies to Work For[®]" for the 10th consecutive year, ranking number 74. It is the only health care delivery system from New Jersey, and the top-ranked New Jersey-based company on the list.

NEW ATLANTIC HPV CENTER OPENS

The same strain of human papillomavirus (HPV) responsible for cervical, penile and anal cancer is now a leading cause of head and neck cancer. In fact, HPV-related cancers of the tonsil region and base of the tongue, or oropharynx, have tripled in the past several decades. Patients more affected are those between the ages of 40 and 60, who often have no obvious risk factors for cancer.

To help combat this rise of HPV-associated oropharyngeal cancers, the head and neck cancer experts at Atlantic HPV Center provide diagnostic screenings, education and counseling, and individualized treatment options that use cutting-edge techniques. **For more information, call 973-971-7352.**

THE MOVE TOWARD ELECTRONIC HEALTH RECORDS

One patient, one record, one Atlantic Health System. That's the guiding principle behind Epic, the electronic medical records system currently being adopted in Atlantic Health System's hospitals and medical offices. When you are treated by any Atlantic Health System physician, that information becomes accessible to all Atlantic Health System physicians. This translates into more streamlined care, allowing for our staff to maximize time spent with patients. **Learn more about MyChart at atlantichealth.org/patient-portals.**

CASTLE CONNOLLY RECOGNIZES NEWTON MEDICAL CENTER



Newton Medical Center is ranked in the top 5 for "Top Hospitals Overall" by Castle Connolly in the category of 350 beds and under. It is also ranked as a top performer for hip and knee replacement, neurological disorders, pain management, breast cancer, prostate cancer, congestive heart failure, stroke and high-risk pregnancies.

Newton Medical Center Achieves Pathway to Excellence

Atlantic Health System's Newton Medical Center has achieved Pathway to Excellence designation from the American Nurses Credentialing Center (ANCC). The Pathway to Excellence designation identifies the elements of interprofessional work environments where nurses can flourish and feel empowered.

The Pathway to Excellence designation is granted based on the six Pathway to Excellence Practice Standards:

- **Shared decision making**
- **Leadership**
- **Safety**
- **Quality**
- **Well-being**
- **Professional development**



For an organization to earn the distinction, it must successfully undergo a thorough review process that documents foundational quality initiatives in creating a positive work environment. Nurses in the organization validate the presence of the criteria through participation in a completely voluntary and confidential online survey.

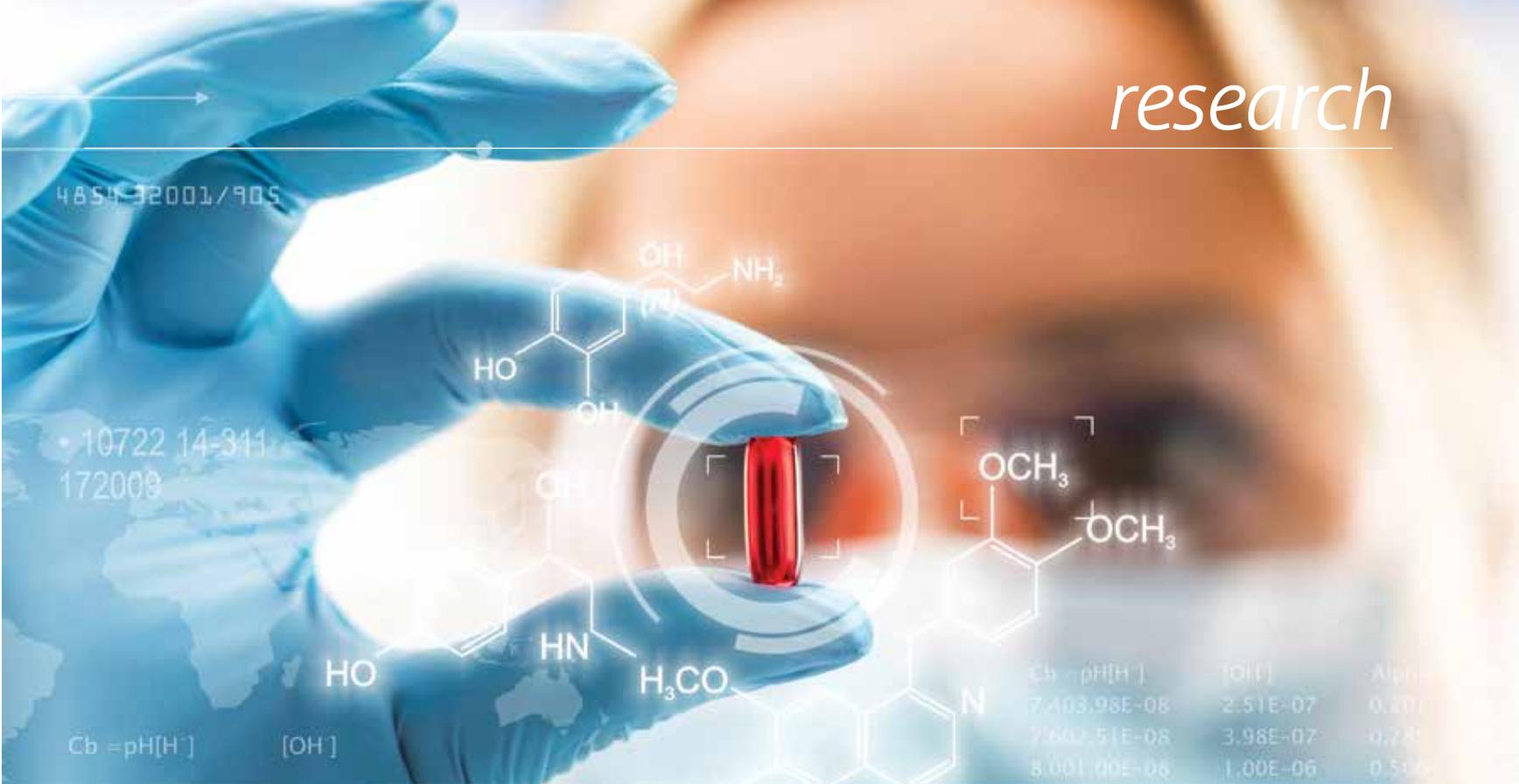
As a Pathway to Excellence-designated organization, Newton Medical Center is committed to creating an environment where nurses excel and feel valued as integral members of interprofessional health care teams. ▲



Newton Embarks on High Reliability Journey

Newton Medical Center is embarking on a High Reliability Journey as part of its commitment to patient safety, participating in a New Jersey Hospital Association collaborative of 12 New Jersey hospitals focused on reducing serious preventable events in health care.

As part of the "Jersey STRONG" initiative, Newton Medical Center will be working to change their culture through Safe and Reliable Error Prevention Training using best practice strategies. This training focuses on Speaking Up for Safety, including Escalating Concerns, Thinking Critically, Reliable Communication, and Cross-Checking and Coaching Others. Leadership training began in 2017, and all employees and physicians and will be trained through all of 2018. ▲



Mapping the Future for Patient Care

Clinical research trials improve cancer treatments and outcomes

Advances in the treatment of cancer continue to improve with the help of clinical research trials like those conducted at Atlantic Health System. "Most clinical trials are related to chemotherapy," says Steve Halpern, MD, director, Pediatric Oncology Center. "Because of that, we've changed the way the chemotherapy is given to help better kill the cancer cells. But now, we're seeing more targeted therapy used in conjunction with chemotherapy."

In targeted therapy, the unique properties of the cancer cell are attacked directly. "We had a child recently who had the most common type of leukemia. We treated her with one round of chemotherapy, and it didn't work. She got sick and lost her hair and was in the hospital quite a bit," says Dr. Halpern. "We then gave her targeted therapy once a week as an outpatient. She felt much better within a short time and after just three weekly treatments of this targeted therapy, the leukemia was completely eradicated." **For more information, please call 973-971-6720.**

In addition to the pediatric cancer research, we are conducting clinical studies in adults at Atlantic Health System's Overlook Medical Center. Overlook Medical Center is the only hospital in New Jersey involved in the MIND Study of Artemis' minimally invasive neuro evacuation device to remove intracerebral hemorrhage. The device is inserted through a small incision into the affected area of the brain and removes the clot by suctioning it out through a catheterlike device. The study is open to patients 18 to 80 years old with an intracerebral hemorrhage.

"Our interventionalist team has performed about 60 of these procedures using the Artemis device over a two-year period and has seen an increase in survival rate with the device pre-trial," according to principal investigator Paul Saphier, MD, an endovascular neurosurgeon for the Atlantic Neuroscience Institute. "We are proud to be a major participant in this trial, as well as many others, that provide a benefit to our patients." **For more information, call 833-733-4641.** ▲

Visit atlantichealth.org/research for more information.

Moments That Matter



A Team Approach to CARDIAC CARE

When Bill Striffler had a heart attack in the middle of the night, a large medical team from Atlantic Health System joined together across many miles to save him.

"He had one of the most dangerous types of heart attacks, and it required specially trained EMTs and special equipment to keep him alive until he got to the hospital," says David James, MD, a cardiologist on the medical staff at both Morristown and Newton medical centers. "Time was critical."

"I don't remember all the details," says Bill, 65, a jovial and active semi-retiree who lives in Wantage. "But I know there were many, many people around me, and they knew what they were doing."

The first of many to literally save his life was the EMT team, during the ambulance ride to the Emergency Department at Newton Medical Center. They delivered heart muscle-saving shocks to Bill using an automated external defibrillator (AED) to bring his heart back into rhythm – twice. (See sidebar.)

At Newton, staff gave Bill another lifesaving treatment: the clot-busting drug tPA, which partially opened his blocked arteries. Then they readied him for transfer to Atlantic Health System's

Morristown Medical Center.

There, a team specializing in this type of heart attack, called a STEMI (ST-elevation myocardial infarction), was prepared and awaiting his arrival.

"Our STEMI team is here for patients like Bill 24/7," Dr. James says. Though his heart muscle was no longer dying, he needed further emergency care. "He still had a dangerous 95 percent blockage in one artery that we had to clear," he says. They successfully corrected the blood flow by using a catheter and stents.

Despite the dramatic urgency of that December night two years ago, Bill soon resumed his active lifestyle of hiking, biking and kayaking. Bill also regularly uses his graphic design and master gardener talents at Heaven Hill Farm in Vernon, N.J. and various community theater and nonprofit groups.

Bill has made a couple of lifestyle changes, he says. "Thirty years of cigarette smoking ended that very night. And I might not shovel snow like I used to, but who wants to do that anyway?" ▲

ATLANTIC MEDICAL GROUP

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

Million-Dollar Project Makes Seconds Matter

"For some types of heart attack, electric shock is the only solution," says David James, MD, a cardiologist on the medical staff at both Morristown and Newton medical centers.

Since the program's inception 17 years ago, Newton Medical Center Foundation has helped provide 750 AEDs to organizations throughout Sussex and Warren counties. It has also trained over 4,000 individuals on how to use the devices.

Most recently, at Newton's Heart and Soul Celebration, the foundation raised \$65,000 to support the AED project. Stephen Flynn, donor relations manager for the foundation, said that so far, the devices have saved the lives of 52 local residents, with Bill Striffler among them.

LETTERS OF GRATITUDE FROM OUR PATIENTS



Nisha Triveldi

Dear Mr. DiPaolo,

I am writing this letter to you to let you know what a wonderful job one of the nurse assistants, Nisha Triveldi, did while I was a patient. Because I was so weak and in so much pain prior to being admitted, I wasn't able to shower or shave in over a week.

No one other than Nisha paid so much attention to me and took care of me with such compassion, consideration and professionalism. She washed me up, shaved me, washed my hair and gave me clean hospital attire. This made me feel so much better since I had no control in my condition.

My late wife was a nurse and so is my daughter, and I know how important it is to treat patients as I was treated by Nisha. She helped restore my self-respect and pride. This is important for healing. I hope Nisha goes on to become a nurse because she will definitely make a difference.

- Bruce K.

Dear Mr. DiPaolo,

In the past, I had contacted you regarding a visit to the emergency room that was not a good experience, and I thought you would like to hear about the excellent care given to my husband.

My husband, Thomas J. Ferrone, has early onset Alzheimer's and Lewy body dementia, and resides at Andover Subacute. On Wednesday, he hit his chin and required stitches. The staff in the ER: Mary (PA), Alexis (RN), Nurisha and Angela (ERT) were excellent. They understood my husband's condition and were extremely compassionate, gentle and caring with him. Since he required stitches, they needed the security staff: Sean Gannon, Dave Ganung, Mike Pepe and Ken Villano. They also were compassionate, understanding and caring.

Mr. DiPaolo, I wanted to be sure that you knew how great your emergency room and security staff are. I left with peace of mind, which is a rare thing during this difficult time.

- Claudia F.





At a Moment's Notice

EMS units use phone app to accelerate hospital emergency department readiness

In a medical emergency, such as a stroke or a heart attack, getting needed care fast is paramount. A new application called Twiage, used by Emergency Medical Services (EMS), allows transport units to provide detailed information to hospitals about a patient's condition before arriving at the emergency department.

According to Newton Medical Center Emergency Department (ED) Nurse Manager Douglas Cook, RN, "Twiage is an app EMS personnel use on their phone that notifies us in a HIPAA-compliant way of patients who are coming to the ED. It allows them to give us a much more in-depth picture of the patient."

In addition to sending information about the patient's condition, Twiage can send photos, EKGs, or videos in real time so EDs are prepared for the patient's arrival. Hospital specialists can also be notified ahead of time. For instance, if the incoming patient has had a stroke, Twiage alerts the hospital's stroke coordinator.

Prior to the use of Twiage, hospitals used the public frequency HEAR (Hospital Emergency Ambulance Radio) system. "Twiage replaces the HEAR radio and gives EMS a more broad and interactive way to communicate with the ED," says Cook. "We can ask questions through it, and they can give us more information."

The Twiage system recently helped hospital personnel prepare for the arrival of a 62-year-old stroke victim. "She was at work and went to her supervisor's office because she didn't feel well and became unresponsive. An ambulance was called, and the EMS team sent us notification so we could prepare for the patient, making sure the CT scanner was ready. We set up TESS, our Telestroke Electronic Stroke System at the bedside to connect with our neurology specialists at Overlook once she arrived." ▲



Soothing Paws®

Pet Therapy Is Worth Barking About

Health care is going to the dogs. And before you think that's a bad thing, you need to experience Soothing Paws in person.

With 85 dog and handler teams in our program, Soothing Paws is making a difference in the lives of patients and hospital staff by providing stress relief when it's needed most. In addition to scheduled rounds at each hospital in Atlantic Health System, visits are available by request for most patients, their families and visitors.

"We're constantly stopped in the halls so patients, families and hospital employees can kneel down, pet and talk

to our dogs," says Mildred Kowalski, PhD, RN, the Morristown nurse researcher who manages the Soothing Paws Program. "Because our dogs are so gentle and loving, they provide immediate and enduring comfort. It's an absolutely amazing form of therapy."

The pups are so popular they even have their own trading cards, which are handed out (along with hand sanitizer) following each and every therapy encounter. How popular is Soothing Paws? In 2017, our dog-handler teams averaged 200 visits per month to patients in need of smiles across all medical centers in the system.



"The program is a huge success and continues to grow in popularity since it began in 2007," says Kowalski. "We're always looking for new dogs, so consider joining the program if you have a loving pet. It's a very rewarding way to volunteer."

All dogs in the program must be registered after a training process and most, but not all, are handled by their volunteer owners. ▲

For more information, contact Peggy Grow, coordinator, at 973-971-5941 or visit atlantichealth.org/pettherapy.

NO MORE WHISPERS

It's time to talk about mental health issues

For those of us who have never experienced mental health issues, it's often difficult trying to relate to friends, family or loved ones who suffer with behavioral or emotional challenges.

Acknowledging the existence of mental health issues within our families and communities is a very important first step to receiving the necessary support, which is why Atlantic Health System created its "No More Whispers" program.

"The stigma surrounding mental health has gone on for far too long," says Director of Atlantic Behavioral Health Lori Ann Rizzuto, LCSW. "Many people don't want to admit they are struggling – often they are embarrassed or ashamed. This feeling of isolation has to end, which is why this program was developed and why it's so important for our community."

No More Whispers is motivated to get people talking openly about a condition that affects one in six U.S. adult lives, according to the National Institute of Mental Health. Through printed materials, presentations and community outreach efforts, No More Whispers will enhance awareness and engage influencers throughout New Jersey about the importance of access to mental health care.

"So many communities are doing amazing work already," says Rizzuto. "We want to integrate our efforts with theirs. Our message is clear: We all need to address this challenge together by encouraging those in need to ask for help."

Each hospital in Atlantic Health System is providing initiatives through the No More Whispers program. To learn more about efforts in your community – or to include No More Whispers in your outreach efforts – email loriann.rizzuto@atlantichealth.org for more information. ◀



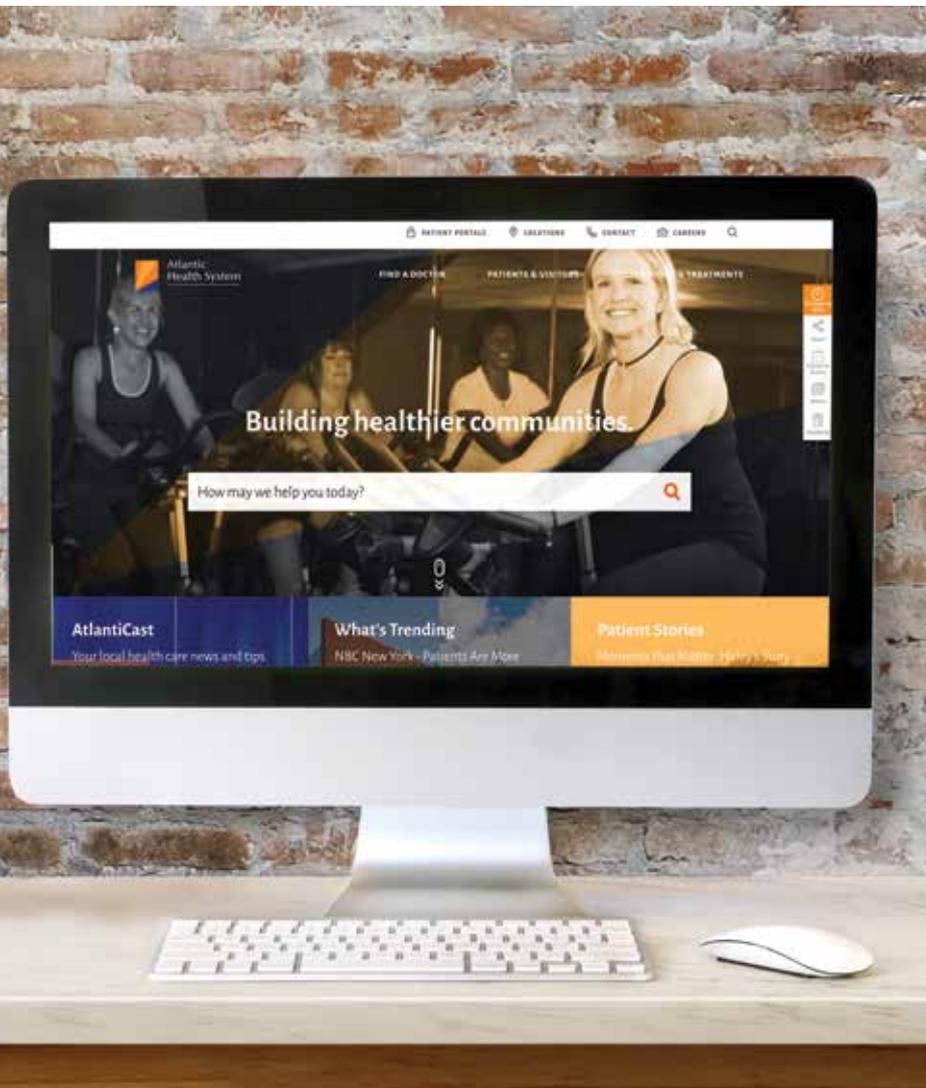
"Many people don't want to admit they are struggling ... This feeling of isolation has to end."

– Lori Ann Rizzuto, LCSW

It's All About You

Expect an improved Atlantic Health System website experience

The new Atlantic Health System website was designed with YOU in mind. Connect quickly and easily with the services you need, or take a deep dive to find information that can help you improve your health.



YOU ASK, AND WE ANSWER

How can we help you? It's the first question you'll see on our website. We know you are busy, and we want to help you get the answers you need as easily as possible. That's why we've enhanced the search experience in multiple ways. It offers predictive search to help you spell those often difficult medical terms. And it goes beyond traditional searches to match you with those physicians most experienced and qualified to deal with your specific health needs.

YOU'RE ON THE MOVE ...

WE WON'T SLOW YOU DOWN

Our new mobile experience is as fast as you are. Simple to navigate with action buttons, touch screen features, videos and more.

HELP YOURSELF

Another brand-new web feature is a series of do-it-yourself health quizzes, or "health assessments." Topics include allergies, depression, heart health, pain and more. And for more DIY capabilities, including online appointments, communications with your doctor's office, access to your medical records and test results, ask about MyChart. ▲

Like you, the website will continue to evolve and grow. We look forward to seeing you at our new home. **Come visit us at atlantichhealth.org.**

FOUNDATION NEWS



Much More Than a New Look

Newton Medical Center is embarking on a major renovation project that will transform the current inpatient unit 1 Hussey into a more modern, state-of-the-art patient wing. The 1 Hussey unit is a 25-bed unit, which includes seven private rooms and nine semiprivate rooms. The renovation project is designed to enhance the patient, family and clinician experience. Plans include new upgrades and finishes to all existing rooms, which will provide a greater soothing and healing environment. Patient rooms will include remodeled bathrooms and will feature bedroomlike cabinetry and furniture, but they will also include the latest medical technology and equipment. The exceptional care and comfort that patients have come to expect at Newton Medical Center will now be matched by a new warm, beautiful and welcoming setting.

The key design element will be a new open nurses' station immediately visible to families upon entering the unit. Touchdown work stations will be expanded to enhance operations and workflow. An off-stage room will be added behind the nurses' station to enhance clinician interaction and HIPAA compliance. Additionally, a family lounge adjacent to the nurses' station will be added, giving family members and friends a quiet and comfortable space to use.

Learn more about this exciting initiative and how your gift can allow Newton Medical Center to stay on the forefront of medical technological advances, enhance our programs, services and facilities, and most importantly, support our mission to deliver high-quality, safe, affordable patient care within a healing culture. ▲

Call 973-579-8309 or visit newtonmedicalcenterfoundation.org.



SAVE THE DATES

An Evening of Wine and Roses:

Thursday, May 17, 2018

Frank Redfern Memorial Golf Open:

Monday, July 9, 2018

Newton Rotary Golf Outing:

Wednesday, September 12, 2018

The C. Edward McCracken Festival of Lights:

Saturday, November 10, 2018

Please join us at these upcoming special events. For more information, call 973-579-8309.

community calendar

Spring/Summer 2018

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

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

Newton Medical Center, 175 High St.,
Newton, New Jersey 07860

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

DIABETES WELLNESS

'DIABESITY': THE ROLE OF WEIGHT IN DIABETES

Wednesdays, May 2, 6:30-8:00pm, and June 6, 10:00-11:30am

Newton Medical Center, Cafeteria Conference Room, 175 High St., Newton, NJ 07860

For more information, call 973-579-8341.

FOOT CARE: PUT YOUR BEST FOOT FORWARD

Wednesday, July 11, 6:30-8:00pm, or

Wednesday, August 1, 10:00-11:30am

Newton Medical Center, Cafeteria Conference Room, 175 High St., Newton, NJ 07860

For more information, call 973-579-8341.

FITNESS

YOGA FOR EVERY BODY

Various dates and times

\$90 for eight-class series or \$15 per class

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

Newton, NJ 07860

To register, call 973-579-8340.

PARENTING & CHILDBIRTH

BREASTFEEDING EDUCATION

Please bring a doll for practice.

Tuesday, July 10, 6:30-9:00pm

\$40 per couple

Newton Medical Center, Conference Room A/B, 175 High St., Newton, NJ 07860

For more information, call 1-800-247-9580.

CHILDBIRTH EDUCATION

Please bring two pillows, a lunch and snacks.

Saturday, June 9, 8:30am-3:30pm

\$130 per couple

Newton Medical Center, Conference Room A/B, 175 High St., Newton, NJ 07860

For more information, call 1-800-247-9580.

MATERNITY TOURS

Various dates and times

Newton Medical Center, 175 High St.,

Newton, NJ 07860

To schedule a tour and for more information, call 1-800-247-9580.

NEWBORN BABY CARE

Please bring a doll for practice.

Tuesday, June 12, 6:30-8:30pm

\$30 per couple

Newton Medical Center, 175 High St.,

Newton, NJ 07860

For more information, call 1-800-247-9580.

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.

Saturdays, May 19 or June 16, 8:30am-3:30pm

\$60

Newton Medical Center, 175 High St.,

Newton, NJ 07860

For more information, call 973-579-8340.

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, June 4, 7 and 21, 1:30-3:00pm
Sparta Senior Center, 40 Trapasso Drive, Sparta, NJ 07871
Preregistration is required. To register, call 973-579-8340.

EARLY-BIRD DINNER & LECTURE: STROKE: AN INTERACTIVE OVERVIEW

Wednesday, May 23, 4:30-6:00pm
\$3
Newton Medical Center, Romano Conference & Education Center, Room 100, 175 High St., Newton, NJ 07860
Preregistration is required. Call 973-579-8340 to register.

EARLY-BIRD DINNER & LECTURE: THE MEDITERRANEAN DIET

Learn about the foods and health benefits of a Mediterranean diet and enjoy a taste as well.
Thursday, June 14, 4:30-6:30pm
\$3
Newton Medical Center, 175 High St., Newton, NJ 07860
Preregistration is required. To register, call 973-579-8340.

TOTAL HIP/KNEE REPLACEMENT PATIENT EDUCATION CLASS

Required for all patients scheduled for total hip/knee replacement. Sessions are also available at Milford Health & Wellness.
First Wednesday of the month,
Noon-2:00pm
Newton Medical Center, Romano Conference & Education Center, 175 High St., Newton, NJ 07860

VISITING THE PERSON WITH ALZHEIMER'S

Wednesday, June 6, 6:00-7:00pm
Newton Medical Center, Romano Conference & Education Center, Room 100, 175 High St., Newton, NJ 07860
Preregistration is required. To register, call 973-579-8340.

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 CENTER 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
For more information, call 1-800-227-2345.

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 pre-registration 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

ARE YOU DREAMING OF A GOOD NIGHT'S SLEEP?

Sleep specialist Alicyn Link will discuss the importance of sleep, the signs and symptoms of sleep disorders, and new research about the cycle of sleep deprivation and weight gain.
Tuesday, May 1, 6:30-7:30pm
Sussex County Library, Louise Childs Branch, 21 Stanhope Sparta Road, Stanhope, NJ 07874
Preregistration is required. To register, call 973-579-8340.

DINNER & LECTURE: STRATEGIES FOR HAPPINESS

Monday, May 14, 5:30-7:00pm
\$8
Newton Medical Center, Romano Conference & Education Center, 175 High St., Newton, NJ 07860
Preregistration is required. To register, call 973-579-8340.

DINNER & LECTURE: TICK-BORNE DISEASES IN NEW JERSEY

Wednesday, June 27, 5:30-7:00pm
\$8
Newton Medical Center, 175 High St., Newton, NJ 07860
Preregistration is required. To register, call 973-579-8340.

EARLY-BIRD DINNER & LECTURE: DON'T GET SCAMMED

A representative from the New Jersey Division of Consumer Affairs will speak about common consumer fraud issues and how to avoid getting scammed.
Monday, July 30, 4:30-6:00pm
\$3
Newton Medical Center, 175 High St., Newton, NJ 07860

ATLANTIC HEALTH SYSTEM'S ANNUAL PUBLIC MEETING will be held on Thursday, July 19, 2018, at 5:00pm in the Malcolm Forbes Amphitheater at Morristown Medical Center (100 Madison Ave., Morristown, NJ 07960). The free event will feature an overview of our latest initiatives and efforts to build healthier communities. There will also be an opportunity for you to ask questions. Seating is limited. Registration preferred but not required. Please arrive 10 minutes early to register or sign in. For more information and to register, call 1-800-247-9580.

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

NON-PROFIT
US POSTAGE
PAID
PERMIT 148
SARATOGA
NY 12866

For a referral to
an Atlantic Health System
doctor, call 1-800-247-9580
or visit atlanticehealth.org/doctors.

