

AtlanticView

at Newton | Winter 2018

**'Building Health'
in Franklin Borough**

**Breathing Easier
With Pulmonary
Rehabilitation**

**In a Hurry?
Grab a Healthy Bowl**

MOMENTS THAT MATTER
**RELIEF FOR
ACHING
KNEES**

Your trusted source
for health care
news and events is
getting a makeover:
*Well Aware is
now Atlantic View
at Newton.*



Atlantic Health System
Newton Medical Center

Greetings,

You'll notice that Well Aware has a new name: *Atlantic View at Newton*. This new local version of the magazine is aimed specifically at you — our community — featuring health tips, news and stories from Newton Medical Center and Atlantic Health System.

In this issue, you'll learn about how we are helping Franklin Borough build a healthier community; that our Pulmonary Rehabilitation Program has received national certification for best treatment practices; how joint replacement nurse navigators follow patients throughout their care; and how you can volunteer for a research study.

You'll also find a calendar of local classes, activities and support groups to keep you active throughout the season. At Newton Medical Center, our ongoing commitment to building healthier communities is evident in some of our recent achievements. For 2017, Newton Medical Center was ranked No. 3 top New Jersey hospital under 350 beds by Castle Connolly, and ranked among the top four in the following specialties: breast cancer, prostate cancer, hip and knee repair, high-risk pregnancy, congestive heart failure, stroke, and neurological disorders.

In addition, we were nationally recognized as one of the safest hospitals in the country for the third time in a row by earning an "A" grade by The Leapfrog Group. These recognitions would not be possible without the hard work and dedication of our staff who deliver high-quality care every day.

I hope you enjoy reading about our great facility, and know we are here for your health care needs.



JOSEPH DIPAOLO
President,
Newton Medical Center

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Atlantic View at Newton is published for Atlantic Health System by **Wax Custom Communications**. For additional information, visit atlantichealth.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.

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Borough



ATLANTIC HEALTH SYSTEM AND KINDRED HEALTHCARE ANNOUNCE SITE FOR NEW Inpatient Rehabilitation Facility

Atlantic Health System and Kindred Healthcare have announced that their planned inpatient rehabilitation facility will be located at Giralda Farms in Madison, the first phase of a plan to develop a 40-acre parcel of land into a campus for health services.

The two-story, 38-bed rehabilitation facility will be built on approximately 46,000 square feet of land. Atlantic Health System and Kindred plan to break ground in the first quarter of 2018.

It will offer all-private rooms, supporting both enhanced clinical efficiency and an elevated patient experience, with targeted clinical programs that include neurological, spine, trauma and complex conditions. Such conditions include stroke and brain injury; spinal cord injury; neurological disorders; orthopedic disorders; multiple trauma; amputation; and other disabling conditions, injuries and disorders.



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. It covers everything from our state-of-the-art facilities and groundbreaking treatments to healthy lifestyle tips and health care industry trends.

You can view AtlantiCast on the television screens throughout our system as well as at atlanticast.org. It is also available on local news outlets.



NEWTON MEDICAL CENTER CELEBRATES CLINICAL ACHIEVEMENTS IN 2017

Newton received the Pathway to Excellence® Designation, which identifies the elements of work environments where nurses can flourish. It validates the professional satisfaction of nurses at Newton Medical Center and identifies it as one of the best places to work.

Newton Medical Center was recognized among the top 10 percent in the nation by Healthgrades for general surgery – as measured by volume-weighted performance. The medical center also achieved 5-star ratings for its performance in five different medical conditions including: heart failure, esophageal/stomach surgeries, bowel obstruction, sepsis and respiratory failure. A 5-star rating indicates that Newton Medical Center's clinical outcomes are statistically significantly better than expected when treating the condition or performing the procedure being evaluated.

Newton Medical Center earned an "A" grade, the highest safety score from The Leapfrog Group's Fall 2017 Hospital Safety Grades. Newton Medical Center was one of 832 hospitals, nationwide, awarded an "A" for their commitment to keeping patients safe and meeting the highest safety standards.

2018: An Epic Year for Atlantic Health System



In past issues, we shared that we are streamlining medical records system-wide with a single electronic system. You may be wondering how this will affect you. I'd like to briefly explain the benefits of the new technology, known as Epic.

Epic will create a single, electronic health record for each patient. Records will securely share information, giving you improved access to your medical files and test results. With your permission, Epic also lets you share your record with your care providers. In this way, it

connects practitioners at different types of locations, including physician offices, laboratories, imaging and acute care centers.

By delivering essential information to your care centers and providers, we will improve your experience as a patient. Information in Epic will simplify communication between you and your care team. I personally love having my test results right on my smartphone, keeping questions for my doctor at my fingertips. You'll also find Epic saves time and money by eliminating duplicative activities. In short, Epic is the next step in keeping our promise to you – delivering the right care, at the right time, at the right cost.

Epic is already helping patients at many of our practices. It will become available in February 2018 at Atlantic Home Care & Hospice and Chilton and Overlook medical centers, in June at Morristown Medical Center, and November at Newton and Hackettstown medical centers.

We look forward to delivering this innovation to everyone who entrusts Atlantic Health System with their care.

Brian A. Gagnolati

Brian A. Gagnolati
President & CEO,
Atlantic Health System

"I personally love having my test results right on my smartphone, keeping questions for my doctor at my fingertips."

health tips

FLU SURVIVAL GUIDE

Are you ready for winter's annual flu face-off?

As we enter peak flu season, there is still plenty of time to catch the virus – but also time to guard against it. Here are some easy ways to thwart influenza this season:

- » **GET THE FLU SHOT.** The Centers for Disease Control and Prevention recommends that everyone six months of age and older receive a flu vaccine.
- » **USE DISINFECTANT WIPES.** Wipe down on high-touch areas at home or in the office to keep exposure to a minimum.
- » **SNEEZE OR COUGH INTO A TISSUE.** Don't use your hands as cover. Use tissues or the crook of your arm instead to limit transmission.





Become Involved in Clinical Trials at Atlantic Health System

Help Us Improve Medicine

FOR LUPUS

Lupus is a chronic disease in which inflammation causes harm to tissues and organs.

"We're involved in several interesting and exciting studies for our patients with lupus that is difficult to treat," says Neil Kramer, medical co-director of the Institute for Rheumatic and Autoimmune Disease, or IRAD, at Overlook Medical Center. The studies involve new biologic drugs, which work in a targeted fashion at the cellular level, to prevent or limit tissue damage.

To learn more about the lupus studies, call 908-522-6156 or email concetta.lamore@atlantichhealth.org.

FOR OVARIAN CANCER

Atlantic Health System is one of only 12 institutions in the nation to enroll volunteers for a 15-year study. The goal is to see if a specific screening test for ovarian cancer is better than others to detect the condition early. Modern medicine's most promising method of detecting early stages of ovarian cancer is by detecting high levels of the protein CA-125 in a woman's blood. "This study is unique because it looks at the rate of increase in CA-125 levels over time," says Daniel Tobias, MD. "We want to know if a steady increase indicates an early-stage cancer, before the levels are high and it's already a late-stage cancer."

Study volunteers should be postmenopausal women, ages 50-74. There are currently about 800 women enrolled. Participation requires a simple blood test yearly and possibly an ultrasound, plus answering surveys. ▲

To join this study, contact researchers at 973-971-6491 or ovarian.screening@atlantichhealth.org.

For more Atlantic Health System clinical trials and research, please visit research.atlantichhealth.org.



The **BUILD HEALTH**
Challenge

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BUILD WITH US

THE BUILD HEALTH CHALLENGE IS A 12-WEEK PROGRAM THAT PROVIDES REAL SUPPORT AND RESOURCES TO HELP YOU TAKE CONTROL OF YOUR HEALTH AND WELL-BEING.

LEARN MORE



Our Mission

At Atlantic Health, we are committed to providing the highest quality of care to our patients and the best experience for our employees. We are proud to be a part of the BUILD HEALTH challenge, which is designed to help our employees take control of their health and well-being.

LEARN MORE

'BUILDING HEALTH' IN FRANKLIN BOROUGH

When the mining industry declined decades ago, the residents of once-thriving Franklin Borough, N.J., began experiencing declines in income, in health and even in opportunities to gather as neighbors. Recently, a new initiative called "Forward, Franklin" was named one of only 19 projects in the nation to earn a large grant to focus on these issues. Atlantic Health System supports this group, in addition to the \$250,000 grant, by contributing additional funds.

The "BUILD Health Challenge Grant" is designed to support local organizers and community members to find solutions for a community's most pressing health challenges.

"Our goal is to help improve quality of life, and this grant allows us to begin our work as part of an intense, two-year initiative," says Maureen Cianci, RN, manager of community health for Atlantic Health System and project manager for the effort.

A DIFFERENT APPROACH TO HEALTH

In the United States, more than 95 percent of health care spending is dedicated to directly providing medical services. But medical care is only part of the picture of overall health. Local resources such as transportation, employment, housing, and access to local parks and recreation can all play a key role in the health of residents and of the community.

"To have a healthy community, we know it's important for people to become engaged and involved, to care about each other and

about where they live," Cianci says. "That is our focus, to provide resources to help achieve this."

The organizations involved in "Forward, Franklin" are part of the North Jersey Health Collaborative. Recognizing the need to work with the community on these issues, this group of about 150 dedicated organizations, including Atlantic Health System, applied for the grant.

LONG-TERM COMMITMENT

Over the next two years, the group will work alongside members of the community to gather local data about health, income and other health-related issues. This information will help organizers and community members to determine the work that needs to be done, to identify the most pressing needs and strategies for change.

"We're not looking to make big leaps in a hurry," Cianci says. "We're looking for ways to make steady improvements over time. Atlantic Health System, Sussex County Division of Health, Franklin Borough Administration and other key community stakeholders who are in the North Jersey Health Collaborative have a long-term commitment to Franklin to help make that happen." ▲

If you are a Franklin resident and want to learn how you can participate in the Forward, Franklin alliance, please email Maureen Cianci: maureen.cianci@atlantichhealth.org or call 973-579-8340.



BREATHING EASIER WITH PULMONARY REHABILITATION

The Pulmonary Rehabilitation Program at Newton Medical Center recently received certification from the American Association of Cardiovascular and Pulmonary Rehabilitation. One of the many benefits of national certification is the ability to provide best treatment practices to our patients and compare our program against national standards and patient outcomes,” says Loretta Ritter, RN, manager of rehabilitation services for Newton Medical Center.

The rehab staff is made up of exercise physiologists, registered nurses and respiratory therapists. Each has an understanding of respiratory tolerance, the pulmonary patient’s needs, and exercise equipment including treadmills, bikes, reclining elliptical trainers, rowers and more.

“We start out slow and then allow patients to progress as they tolerate low to moderate levels of exertion that they can repeat multiple times per week to build up their muscles,” says Ritter. For people with chronic obstructive pulmonary disease (COPD), bronchiectasis, emphysema or a lung transplant, “we can’t turn back the hands of time, but we can teach the patient to manage the disease process; that’s what pulmonary rehabilitation is all about.”

“Exercise improves muscle tolerance and enables more efficient use of oxygen so patients can breathe easier,” adds Patti Applegate, RN. In pulmonary rehab, patients learn exercises that they practice at home. Each participant “defines what their personal goal is,” she explains. “It could be remaining in their home independently, golfing, or dancing with a granddaughter at her wedding. We then translate that goal into their planned exercise program.”

Nationwide, studies show that only 30 percent of people who qualify for pulmonary and cardiac rehab may attend these programs, Ritter says. “People think they’re not going to get any better, or they think they’re going to get better on their own; but the safest way to start your cardiopulmonary rehabilitation is in a program led by experts.” ▲

For more information, please call 973-940-8123.

“We can’t turn back the hands of time, but we can manage the disease process.”

– Loretta Ritter, RN



Shelley Scoleri (middle) sought the help of Newton Medical Center's Total Joint Program to relieve nagging pain in her knees. Also pictured are physical therapists Michael Zaorski and Michele Lopez.

Relief for Aching Knees

Shelley Scoleri has always been active, from cheerleading and gymnastics as a child, to years spent as a caretaker for show horses. On her company softball teams, she played catcher. "I rarely sat on the sidelines," she says.

But over the years, a nagging pain in her right knee grew. She needed corticosteroid shots before business trips, and bottles of ibuprofen to cope. "There was little if any cartilage in my right knee," she says. A replacement was her only option. "I didn't want to retire in a wheelchair."

LONG-LASTING RESULTS

Patients considering knee replacements are generally between 50 and 80, and most often in their 70s, says Glen Bradish, MD, orthopedic surgeon for Newton Medical Center. "If you have pain that can no longer be controlled by medications or therapy, a knee replacement may be for you."

New materials mean knee replacements today are highly durable. "Ninety percent of patient implants are lasting greater than 20 years, much longer than they have in the past," says Dr. Bradish. "Most people, even those getting their replacement at relatively young ages, find that their implants are lasting them the rest of their lives."

A JOINT EFFORT

Newton Medical Center's Total Joint Program begins with a special class before surgery where patients and caregivers meet their therapists and nurses. "We have joint replacement nurse navigators to follow patients throughout their care," Dr. Bradish says. "We have systems set up so that many patients can go straight home after surgery, with home physical therapy and home nursing instead of going to a rehab facility."

That's what happened with Scoleri, who received her new knee on July 17, 2017. She started rehab that same day and went home just two days later, which was ahead of schedule. "So many different people came to my side, encouraged me and helped me to push on to accomplish my goal," she says. "It was an amazing journey!" ▲

HOW TO REACH OUR EXPERTS

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

Are You at Risk for Heart Disease?



CORONARY ARTERY CALCIUM SCANS

A calcium scan detects calcifications in the coronary arteries, which can be an early sign of coronary heart disease. This fast and simple test is performed on a CT scanner and does not require blood draws or IV contrast. All scans are interpreted by a specialist in cardiac imaging affiliated with the Gagnon Cardiovascular Institute. The cost of the scan is \$99.

To schedule this test at one of the Atlantic Health System Radiology sites, please call:

Morristown Medical Center: 973-971-7750

Newton Medical Center: 973-940-8730

Overlook Medical Center: 908-522-2065

**Morristown Medical Center Health Pavilion
at Rockaway: 973-971-7750**

Chilton Medical Center: 973-831-5089

Many people across the country take heart health for granted. Colleen Coughlin, MD, FACC, cardiologist for Atlantic Medical Group, and a leading specialist at the Gagnon Cardiovascular Institute, thinks it's time for some straight talk about cardiac health.

"We're seeing more and more patients with prediabetes, high cholesterol, hormonal disturbances, elevated blood pressure and excessive waist circumference," says Dr. Coughlin. "This is not a good sign. If you – or someone you know – is in one of these higher-risk groups, talk with your primary care physician about screening options."

Dr. Coughlin offers a simple test anyone can conduct at home. Grab a tape measure and wrap it around your waist at the belly button. If your waist measures above 35 inches for women or 40 inches for men, you are likely in a higher-risk category for metabolic syndrome and consequently, heart disease.

For starters, have your blood tested for cholesterol.

If you pass with flying colors, keep doing what you're doing and have it repeated every five years. If your waist circumference, blood sugar or blood pressure is elevated, your primary care physician will help you determine the best action plan.

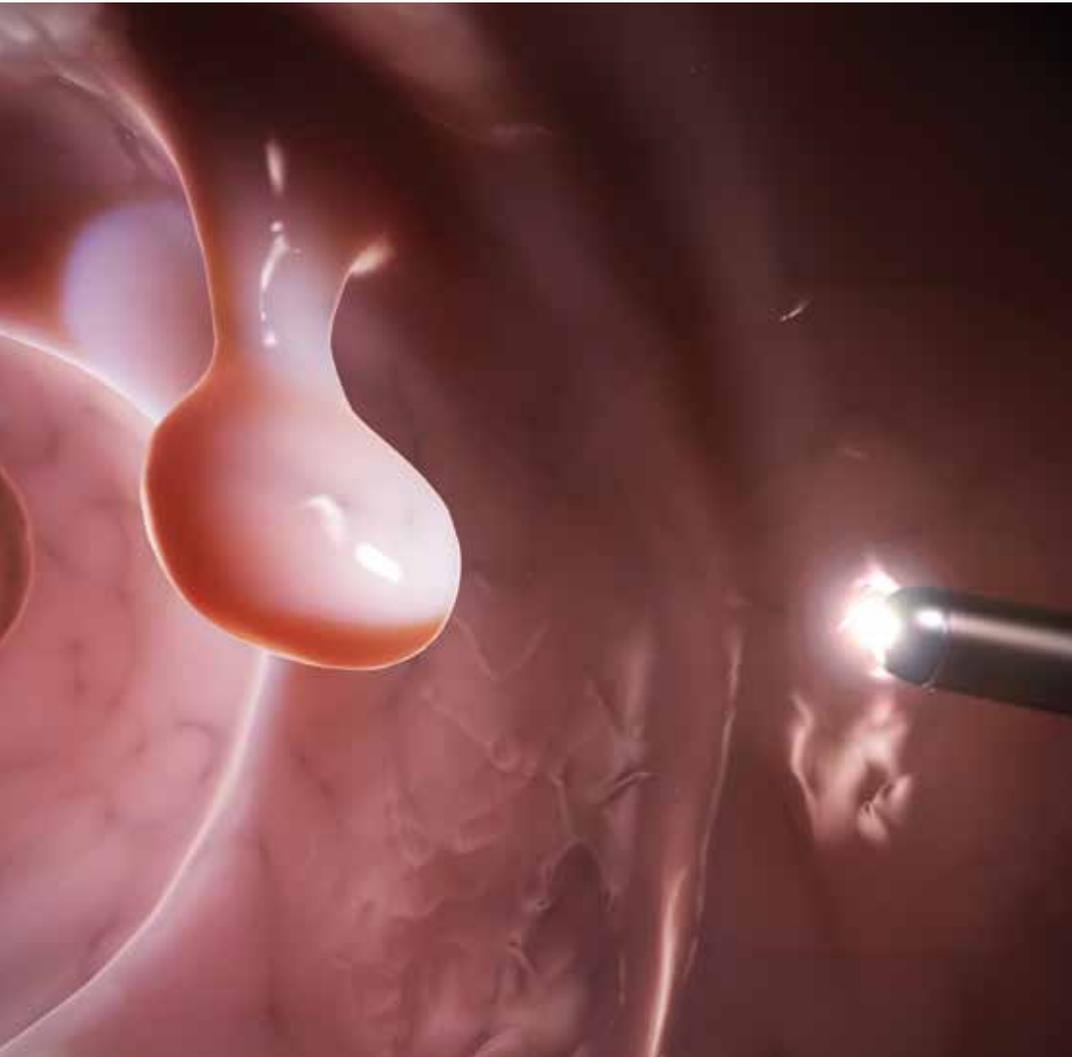
"I would rather see people in our community focus on optimal heart health at a younger age," says Dr. Coughlin. "Eating healthier foods and exercising regularly will reduce your risk from a cardiovascular standpoint." If you smoke or have a family history of heart disease, being proactive with preventive measures can have a big impact in your long-term health. A CT coronary calcification score, a simple, inexpensive test, can identify individual risk.

February is Heart Health Month, so there's no time like the present to call your doctor to schedule an appointment to discuss your heart health. 

For more information, call 973-971-8900 or visit atlantichealth.org/gagnon.

ATLANTIC MEDICAL GROUP

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



Colon Cancer Awareness

Knowing symptoms is the first step to prevention

Colon health awareness is in the midst of a “good news-bad news” conundrum. The good news: Awareness is at an all-time high, with national campaigns and regular physician reminders emphasizing the importance of colon cancer screenings.

But while awareness is on the rise, colon cancer remains a leading cause of death – it’s No. 2 among men and No. 3 for women. And what’s most concerning is an increase in colorectal cancer at earlier ages.

“We are starting to see a younger trend,” says Donna Seidman, RN, BSN, CHPN, gastrointestinal nurse navigator for Overlook Medical Center. “The majority of patients we see range in age from their mid-40s and up. However, we’re starting to see individuals in their late 20s to early 30s. No matter your age, have a conversation with your physician. Evaluation is critical if symptoms are present.”

March is Colon Cancer Awareness Month. Regular checkups can catch colon cancer early and improve treatment outcomes.

The best prevention? Regular checkups. You have a better chance of cancer prevention when a physician understands your family history and establishes a colon health baseline. Talk to your doctor to determine which test is best for you. Tests could include a home screening test, fecal occult blood or immunochemical testing, or in-hospital screenings such as a colonoscopy, sigmoidoscopy, barium enema or virtual colonoscopy, all of which are available throughout Atlantic Health System.

It’s also important that you monitor yourself daily, for symptoms such as:

- **Rectal bleeding or blood in the stool**
- **Changes in bowel habits, including diarrhea or constipation**
- **Changes in stool consistency that lasts longer than four weeks**
- **Persistent abdominal discomfort such as cramps, gas or pain**
- **A feeling that your bowel does not empty completely**
- **Weakness or fatigue**
- **Unexplained weight loss**

If you experience any of these symptoms, talk to your primary care doctor right away to determine the next steps needed for complete evaluation. ▀

ATLANTIC MEDICAL GROUP

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

In a Hurry? Grab a Healthy Bowl

A new food trend offers more convenience

The next time you stop at your favorite fast-casual restaurant, do not be surprised to see a section dedicated to bowls. More and more eateries have been tweaking their menus to accommodate guests looking for a faster dining alternative.

But even though these options may seem more appealing, the same healthy nutrition rules apply.

"Bowls are convenient, but not all of them are healthy," says Mary Finckenor, registered dietitian for Morristown Medical Center. "There are acai bowls, burrito bowls, veggie bowls, rice bowls and others. Some are full of nutrition, and others aren't."

A STRAIGHTFORWARD CHOICE

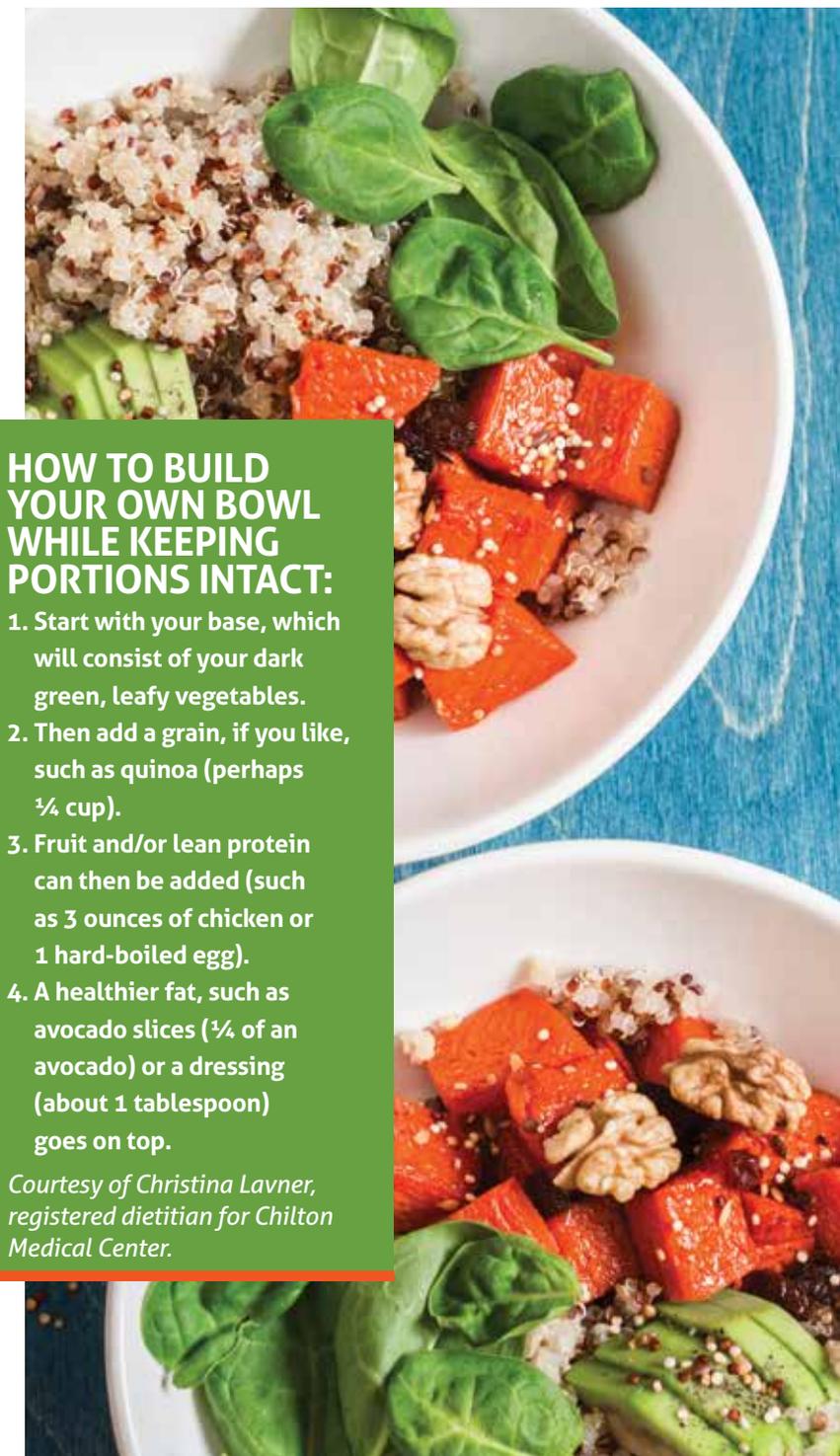
Picking a healthy bowl can be as simple as looking at the ingredients list. If the bowl is mostly fruits, vegetables or lean proteins, you're probably in the clear. If you spot fried chicken, cheese and other fatty culprits, then you should be wary.

"Always do your research," says Sabrina Lombardi, clinical nutrition coordinator of Food and Nutrition Services for Newton Medical Center. "If a restaurant offers the option of creating your own bowl, that's even better; you can control what goes in it."

THE BEST OF BOTH WORLDS

So why are bowls popping up everywhere? Convenience is one reason, notes Jane DeWitt, clinical nutrition coordinator of Food and Nutrition services for Hackettstown Medical Center. In an always-connected world, it can be difficult making time for yourself – including time to eat. A grab-and-go option that's easy to take back to your desk is a natural result of hectic lifestyles.

"When you're busy, you don't want to waste time," Finckenor says. Knowing that you can grab or create a healthy bowl and be on your way is just more appealing than sitting down and waiting for food. As long as you make the right choices, you can have the best of both worlds: convenience and nutrition." ◀



HOW TO BUILD YOUR OWN BOWL WHILE KEEPING PORTIONS INTACT:

1. Start with your base, which will consist of your dark green, leafy vegetables.
2. Then add a grain, if you like, such as quinoa (perhaps $\frac{1}{4}$ cup).
3. Fruit and/or lean protein can then be added (such as 3 ounces of chicken or 1 hard-boiled egg).
4. A healthier fat, such as avocado slices ($\frac{1}{4}$ of an avocado) or a dressing (about 1 tablespoon) goes on top.

Courtesy of Christina Lavner, registered dietitian for Chilton Medical Center.



Haley Breen describes the early Thanksgiving morning when she awoke gasping for air before becoming motionless, falling into cardiac arrest. Tim Maglio, her fiancé at the time, began CPR and called 911. Sparta Police arrived on scene and administered three shocks from an AED that Newton Medical Center Foundation funded through their AED Program, returning Haley's circulation. Haley and her now husband, Tim, were honored at the 2017 Heart and Soul.

Every Second Counts

According to the American Heart Association, each year in the U.S., there are approximately 424,000 cardiac arrests outside of a hospital setting and on average, just 5.2 percent of victims survive. Immediate cardiopulmonary resuscitation (CPR) and early defibrillation, with an automated external defibrillator (AED), can more than double a victim's chance of survival. In fact, early defibrillation, along with CPR, is the only way to restore the victim's heart rhythm to normal in a lot of cases of cardiac arrest. For every minute that passes without CPR and defibrillation, however, the chances of survival decrease by 10 percent.

Communities with comprehensive AED programs that include CPR and AED training for rescuers have achieved survival rates of nearly 40 percent for cardiac arrest victims. **Making AEDs more available to lay people and first responders who are trained in their use could save even more lives.**

In 2001, the Newton Medical Center Foundation launched its Automated External Defibrillator Program with the goal of providing AEDs at a reduced rate along with training and education. Since inception, the Foundation has invested more than \$1 million in the program. In addition, 745 AEDs have been distributed, more than 4,000 individuals have been trained and 52 lives have been saved.

On February 28, the foundation will host its 2018 **Heart and Soul – A Community Celebration** at Lake Mohawk Country Club. The event will honor the incredible accomplishments of first responders and emergency personnel who provide exemplary lifesaving care to members of our community. In addition, the event will recognize the Foundation's AED program and the accomplishments made over the years.

For more information on the event, call 973-579-8309 or visit www.newtonmedicalcenterfoundation.org.

AN EVENING OF WINE AND ROSES

An Evening of Wine and Roses is a gourmet food and wine extravaganza that raises critical dollars for Newton Medical Center Foundation. Over 150 wines are served for tasting, in addition to an incredible variety of food samplings from more than 30 of the finest restaurants in the area.

Last year's event was an enormous success, raising \$300,000 with 800 individuals in attendance. The evening included a VIP room with passed hors d'oeuvres, select wines and a special guest appearance by celebrity chef Daphne Oz. Former guests in the VIP room have included Mario Batali, Rachael Ray, Lidia Bastianich, and renowned chef and restaurateur David Burke.

Please join us on May 17 at Centenary University for a fun and elegant evening. For more information, call 973-579-8309.



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 x501 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 3:30pm-4:45pm

MIDDLE SCHOOL LIFE SKILLS TRAINING

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

12 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, 12:30pm-1:30pm

EXPRESSIVE ARTS GROUP

Wednesdays, Noon-1:00pm

LIVING WITH CHRONIC ILLNESS

Tuesdays, 1:00-2:00pm
Newton Medical Center, 175 High St., Newton, New Jersey 07860

MINDFULNESS GROUP

Wednesdays, 11:00am-Noon

TRAUMA-INFORMED PEER SUPPORT GROUP

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

VETERANS PTSD GROUP

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

WELLNESS AND RECOVERY GROUP

Tuesdays, 2:00-3:00pm

WOMEN'S DEPRESSION AND ANXIETY GROUP

Mondays, 10:15-11:45am

DIABETES WELLNESS

HEART HEALTH AND DIABETES

This group, facilitated by a cardiac health professional, will discuss the role of heart health in diabetes.
Wednesdays, January 3, 6:30-8:00pm; February 7, 10:00-11:30am
Newton Medical Center, Cafeteria Conference Room, 175 High St., Newton, NJ 07860
For more information, call 973-579-8341.

EMOTIONAL HEALTH & DIABETES: TAKING CARE OF YOU

Discuss the emotional challenges that people with diabetes might face and how to cope with them.
Wednesdays, March 7, 6:30-8:00pm, and April 4, 10:00-11:30am
Newton Medical Center, Cafeteria Conference Room, 175 High St., Newton, NJ 07860
For more information, call 973-579-8341.

"DIABESITY": THE ROLE OF WEIGHT IN DIABETES

Join this discussion about the effects that weight has on diabetes.
Wednesday, 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.

FITNESS

CHAIR EXERCISES FOR OLDER ADULTS

Learn how to do your own exercises at home. Participants will receive an exercise ball and manual.
Three-part series: Thursday, March 15, 22 and 29, 1:30-3:00pm
Sparta Health & Wellness Center, 89 Sparta Ave., Sparta, NJ 07871
For more information, call 973-579-8340.

YOGA FOR EVERY BODY

Mondays, January 8-February 26 or March 5-April 23, 6:30-7:50pm
\$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.

HEART HEALTH

EARLY BIRD DINNER AND LECTURE: SUCCESS WITH HEART FAILURE

Heart failure affects about 6 million Americans and costs the U.S. \$32 billion annually. This dinner and lecture will focus on the symptoms, major causes and treatment options of this condition. Self-management tools and tips will also be discussed.
Thursday, February 15, 4:30 – Light dinner; 5:00 – Lecture
\$3 per person
Newton Medical Center, Romano Conference & Education Center, Newton, NJ 07860
To register, call 973-579-8340.

NUTRITION

WORST HABITS DESTROYING YOUR DIET

Discuss ways to keep you on track and make your diet a success.

Friday, January 5, 10:00-11:00am
Sussex County YMCA, 15 Wits End Road,
Hamburg, NJ 07419
For more information, call 973-209-9622.

GOOD FATS VS. BAD FATS

Learn about good and bad fats and how they affect you.

Friday, February 2, 10:00-11:00am
Sussex County YMCA, 15 Wits End Rd.,
Hamburg, NJ 07419
For more information, call 973-209-9622.

HOW TO DEVELOP SOUND EATING AND EXERCISE HABITS

Learn how to make small changes for a healthier and happier lifestyle.

Friday, March 2, 10:00-11:00 am
Sussex County YMCA, 15 Wits End Rd.,
Hamburg, NJ 07419
For more information, call 973-209-9622.

OPEN FORUM: ASK THE DIETITIAN

Bring your own questions to this open discussion with a registered dietitian.

Friday, April 6, 10:00-11:00am
Sussex County YMCA, 15 Wits End Road,
Hamburg, NJ 07419
For more information, call 973-209-9622.

PARENTING & CHILDBIRTH

BREASTFEEDING

Please bring a doll for practice.

Tuesday, March 13, 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, March 10, 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

Wednesdays, January 10, February 14 and
March 14, 8:00-9:00pm; Saturdays, January 13,
February 17 and March 17, 10:00-11:00am
To schedule a tour and for more information,
call 1-800-247-9580.

NEWBORN BABY CARE

Please bring a doll for practice.

Tuesday, February 13, 6:30-8:30pm
\$30 per couple
Newton Medical Center, 175 High St., Newton,
NJ 07860

SAFE SITTERS

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, January 20, February 24 and
March 17, 8:30am-3:30pm
\$60
Newton Medical Center, 175 High St., Newton,
NJ 07860
For more information, call 973-579-8340.
Pre-registration is required.

SENIOR HEALTH

TOTAL HIP AND KNEE REPLACEMENT: WHAT TO EXPECT

This class is required for all patients scheduled for total hip or knee replacement surgery. It may also be taken by those considering total joint replacement surgery.

Wednesdays, January 3, February 7, March 7 and April 4, Noon-2:00pm
Newton Medical Center, Romano Conference & Education Center, Room 100, 175 High St., Newton, NJ 07860 (alternate session available at Milford Health & Wellness)
To register, call 1-800-247-9580.

SUPPORT GROUPS

BREAST CANCER SUPPORT GROUP

Second Tuesday of every month, 6:00-7:30pm
(February meeting is from 1:30-2:30pm)
Sparta Health and Wellness
89 Sparta Ave, Sparta, NJ 07871
For more information, call 1-800-227-2345.

CANCER SUPPORT GROUP

Fourth Thursday of every month, 3:00-4:00pm
Newton Medical Center
175 High St., Newton, NJ 07860.
Call 973-579-8620 for pre-registration and location.

COFFEE WITH A COP

Tuesday, January 9, 9:00-11:00am
Newton Medical Center Lobby, 175 High St.,
Newton, NJ 07860

HEART FAILURE SUPPORT GROUP

This support group, led by Lenore Blank MSN, NP-C, CHFNP, invites heart failure patients, and their guests to be more informed about how to manage their disease.

Thursdays, January 11, February 8 and March 8,
1:00-2:00pm
Newton Medical Center, ED Conference Center,
175 High St., Newton, NJ 07860
Call 973-579-8364 to register.

WEIGHT LOSS SURGERY SUPPORT GROUP

We offer this support group to give our pre and post-operative patients an opportunity to compare challenges and successes. We encourage people who are considering weight loss surgery to attend.

First Tuesday of every month, 6:00-7:00pm
Newton Medical Center, Romano Conference and Education Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8341.

WEIGHT LOSS

WEIGHT MANAGEMENT: YOUR LIFE, YOUR WEIGHT

Join bariatric surgeon Dr. Ashish Padnani and the bariatric nutrition and support team from Newton Medical Center to learn about options and strategies for long-term weight management.

Wednesday February 28, or Thursday April 12,
6:00-7:00pm
Newton Medical Center, Romano Conference & Education Center, 175 High St., Newton, NJ 07860

MISCELLANEOUS

DINNER & LECTURE: ARE YOU DREAMING OF A GOOD NIGHT'S SLEEP?

A good night's sleep is one of the cornerstones of good health, yet many people routinely tolerate uncomfortable, interrupted sleep. Alicyn Link, RPSGT, sleep specialist, will discuss the importance of sleep, the signs and symptoms of sleep disorders such as insomnia and sleep apnea, and sleep deprivation and weight gain.

Monday, March 26, 5:30pm - Dinner,
6:00pm - Lecture
\$8 per person
Newton Medical Center, Romano Conference Center, 175 High St., Newton, NJ 07860
Call 973-579-8340 to register.

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 Morristown, NJ 07960-6459

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

