

# AtlanticView

at Newton | Fall 2019/Winter 2020

MOMENTS THAT MATTER  
THE SHOW  
MUST GO ON  
Read Tony's Story  
on Page 6

Got Diabetes?  
Get a Personal Plan

Delivering Specialty  
Care for Moms-to-Be



Atlantic Health System  
Newton Medical Center



Greetings,

I am proud to announce that Newton Medical Center was nationally ranked for treatment of Heart Failure by *U.S. New & World Report* and was named one of the safest hospitals in the nation by the Leapfrog Group. Once again, we have been recognized by the American Heart Association and American Stroke Association with their Get with the Guidelines Gold Plus Stroke and Target: Stroke<sup>SM</sup> programs.

I'm also excited to share that Newton Medical Center recently opened a Maternal-Fetal Medicine Program to provide specialized care for expectant mothers who may be at risk for complications. And, Atlantic Behavioral Health, our Emergency Department, and the nonprofit Center for Prevention and Counseling, are helping people in our area overcome opioid addiction by connecting them with services they need.

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

You'll meet Tony, a local musician, whose minimally invasive gallbladder surgery allowed him to bounce back quickly enough to perform at a gala event for the hospital just two days later. When patients leave the hospital, our care coordinator team supports their physical, behavioral, and social needs to ensure that they understand the next steps in their treatment plan. Should that next step include inpatient rehabilitation, Atlantic Health System and Kindred Healthcare have partnered on the recently opened Atlantic Rehabilitation Institute, a state-of-the-art inpatient rehabilitation hospital in Madison to help patients return to mobility and prepare them to resume everyday functions. As always, our Community Calendar will help you find local classes, activities and support groups to keep you busy throughout the season.




**ROBERT ADAMS, FACHE**  
Interim President & COO

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

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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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**OFFICIAL HEALTH CARE PARTNER**

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### WE WANT TO HEAR FROM YOU

Would you like to share your experience at Newton? Please help us spread the word and help more people in our community.

Review us on Facebook, Google or Yelp.

# CEO's corner

## Determined to Improve Health

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

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

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

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

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



*Brian A. Gragnolati*

Brian A. Gragnolati  
President & CEO,  
Atlantic Health System

## health briefs

Working Toward a Healthier Community

The American Heart Association and American Stroke Association recognizes Newton Medical Center and its continued success in using the **Get with the Guidelines®-Stroke and Target: Stroke<sup>SM</sup>** programs.



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

**Book online at [atlanticealth.org/askhernow](http://atlanticealth.org/askhernow), call 973-829-4263 or text ASKHER to 555-888.**

## FDA CHANGES NUTRITION FACTS ON FOOD LABELS

By January 2020, consumers will see a different nutrition label on foods when the FDA's new rules take effect for most packaged foods. In addition to larger type for serving sizes and calories, a new line item for "added sugar" will appear under the carbohydrate category.

Including added sugars is one of the best things on the new labels. Added sugars include sugars that are added during processing as well as sugars that come from concentrated fruit juice.

Fruit juice concentrates are usually made from apple or white grape juice and there is nothing healthy about them. The original fruits are healthy, but when you strip them of water, fiber and nutrients, the remaining fruit juice concentrate is nothing more than a healthier sounding form of sugar.

**NEW LABEL / WHAT'S DIFFERENT**

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



\* Source: The Leapfrog Group, a national patient safety group

## NEWTON MEDICAL CENTER

One of the safest hospitals in the nation

Clinical excellence, teamwork and our strong commitment to our patients who put their health in our hands, allowed Newton Medical Center to earn an A rating for patient safety.

## For the New Diversity Officer, This Job Is Personal



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

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

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

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

"Identifying and removing barriers to great care will change lives," he says. "I am thrilled to lead our efforts to accomplish that goal."

**"I'm also proud to announce that all our hospitals have been designated as a 2019 LGBTQ Healthcare Equality Leader from the Healthcare Equality Index 2019."**

**– Armond Kinsey**



## ATLANTIC HEALTH SYSTEM, KINDRED HEALTHCARE CELEBRATE COMPLETION OF BRAND-NEW, TWO-STORY REHABILITATION HOSPITAL IN MADISON

### Atlantic Rehabilitation Institute provides modernized home for inpatient rehab

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

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

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

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

**For more information, please visit [atlanticrehabinstitute.com](http://atlanticrehabinstitute.com).**

# Atlantic Anywhere MAKING HEALTH CARE MORE CONVENIENT

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

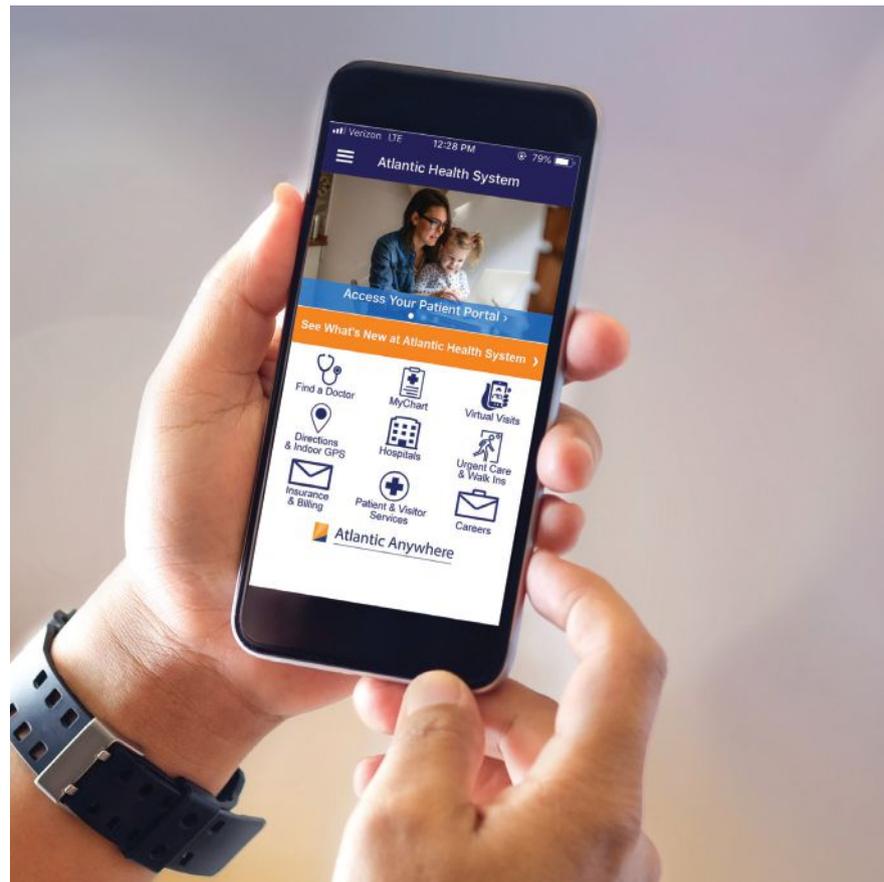
"Technology is an important member of our care team and can take away some of the pain traditionally associated with managing your health," says Valerie Simon, chief marketing officer, Atlantic Health System. "Atlantic Anywhere provides access to the care you need ... right from your phone."

## **FIND AND SCHEDULE YOUR NEXT DOCTOR APPOINTMENT**

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

## **RECEIVE ON-DEMAND MEDICAL CARE FROM YOUR PHONE THROUGH A VIRTUAL VISIT**

The Atlantic Anywhere mobile phone app now features "Virtual Visits," an online consultation with a board-certified physician, for on-demand medical care. "Virtual Visits ensure that the doctor is always available ... whenever, wherever you need," says Carol Vargas, vice president of Integrated Care Delivery, Atlantic Health System.



## **ACCESS MYCHART, YOUR PATIENT PORTAL**

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

## **LOCATIONS AND WAYFINDING**

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

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

***The free app can be downloaded to a mobile phone by searching "Atlantic Anywhere" from the App Store or Google Play, or visiting [atlantichealth.org/atlanticanywhere](http://atlantichealth.org/atlanticanywhere).***



# THE SHOW MUST GO ON

TONY KRUCINSKI  
AND BAND MEMBERS  
OF SNAKE OIL WILLIE

For the third year in a row, local musician Tony Krucinski, 62, and the enticingly named Snake Oil Willie Band were lined up to play at the Wine & Roses fundraiser this past May. At this benefit held jointly for Newton and Hackettstown medical centers, attendees could count on their classic rock and roll to fill the dance floor at every set.

But Tony almost did not make it there this year.

"Several days before, I was in such pain," he says. "My wife, Janet, and I headed to the Emergency Department (ED) at Newton Medical Center."

Having lived in the area for over six decades, the Kemah Lake resident had learned to trust Atlantic Health System hospitals. Years ago, for example, after a run-in with a deer – while on his motorcycle – he spent a week in the ICU at Morristown Medical Center.

"It helped that I had on a good helmet," he laughs. "And the care was the best."

Last Memorial Day, back pain sent him to Newton's ED. "I'd known the nurses there a long time. They'd come to see us play." Again, his care was outstanding, he says.

During his recent ED visit, his physician quickly found Tony needed surgery to remove his gallbladder.

"The fundraiser was just two days away," Tony says. As performers know, the show must go on. "And the way they took care of me, it did."

Newton Medical Center surgeon Shomaf Nakhjo, DO, and the surgical team used their skills and experience to perform the

surgery through laparoscopy, using tiny tools and small incisions, instead of traditional "open" surgery.

After a couple of days recovering at home and with his bandmates' help with his equipment, Tony and the band rocked the stage during the benefit performance.

"I love 'em all," he says of his caregivers at Newton. "You can tell that they're at their jobs because they want to be there. They make me feel fortunate we live in this area." ▲

**For more information, visit [atlantichhealth.org/newton](http://atlantichhealth.org/newton).**

**To find out more information about Dr. Nakhjo and other Atlantic Health System affiliated providers, visit [atlantichhealth.org/doctors](http://atlantichhealth.org/doctors). Dr. Nakhjo can be reached at 973-383-2222.**

Over 600 guests attended the Wine & Roses gala, which included a special appearance by award-winning author and former *New York Times* columnist Mark Bittman.

An Evening of Wine & Roses is Newton and Hackettstown's biggest fundraiser of the year. It began 20 years ago and has since raised \$4.6 million. The proceeds benefit both foundations. This event, and the support from our foundations, help us elevate the role that our hospitals play in building healthier communities.



**RIBBON CUTTING FOR THE NEW ATLANTIC MATERNAL-FETAL MEDICINE PROGRAM**

## Delivering Specialty Care for Moms-to-Be

**E**xpectant mothers in Sussex and Warren counties, especially those who may be at risk for complications, no longer need to travel far for comprehensive prenatal care and support. Newton Medical Center recently opened the Atlantic Maternal-Fetal Medicine program to make access to these specialists more convenient for pregnant women and their unborn children.

According to Kolawole “Yinka” Oyelese, MD, Atlantic Maternal-Fetal Medicine director and specialist at Newton Medical Center, maternal-fetal medicine provides specialized care and intervention for many conditions that can affect pregnant women, including gestational diabetes and preeclampsia – or pregnancy-induced high blood pressure (see sidebar).

Dr. Oyelese explains that maternal-fetal medicine specialists identify which women and their unborn babies are at risk for complications, and then take steps to prevent or treat those complications. “We have special training to handle any problem with mother or baby, even for the most complicated pregnancy,” he says. “Providing these services at Newton gives pregnant women convenient access to this high level of care.”

That care includes ultrasounds, genetics counseling – evaluation of potential inherited medical risks, diabetes education, nutritional counseling and nonstress tests – a non-invasive testing procedure that monitors a baby’s movements and heartbeat.

“By discovering any problems early, we can often treat them before delivery,” Dr. Oyelese says. ▲

**To reach a maternal-fetal medicine specialist at Newton Medical Center, call 973-579-8450.**



### Warning Signs of Preeclampsia – High Blood Pressure Related to Pregnancy

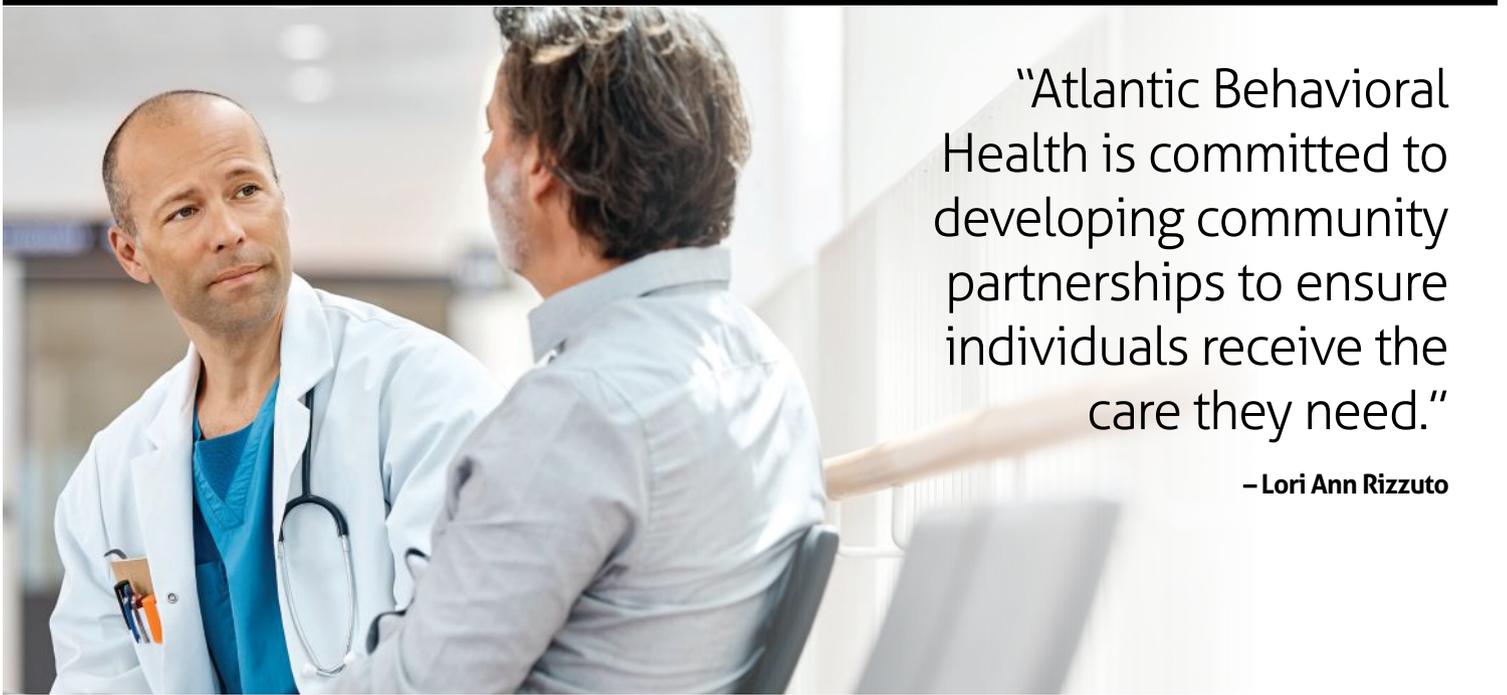
Preeclampsia, high blood pressure related to pregnancy, can cause damage to the kidneys and other organs. Call your doctor immediately if you have these signs:

- Shortness of breath
- Changes in vision
- Feeling dizzy
- Little to no urine (pee)
- Pain in the abdomen (belly)
- Rapid weight gain, or swollen hands or feet, which is due to a buildup of fluid
- Severe headaches
- Extreme vomiting or nausea

These symptoms are especially important warning signs for women who have diabetes, kidney disease or high blood pressure, and for those who are obese or are expecting twins or triplets.

Working with your obstetrician or midwife, a maternal-fetal medicine specialist can help most women have the healthiest pregnancy and birth possible.

# Remaining Drug-Free After Overdose



“Atlantic Behavioral Health is committed to developing community partnerships to ensure individuals receive the care they need.”

– Lori Ann Rizzuto

**A**fter someone overdoses on opioid drugs, the lifesaving drug Narcan® gives them a chance to live. But it cannot cure someone of an addiction or even help them avoid another overdose. Today, a special program addresses these issues by helping people take the difficult but important steps to overcome addiction so they can return to a safer, healthier life.

“As part of the Opioid Overdose Recovery Program (OORP), we help patients find the services they need after an overdose,” says Anthony Brutico, DO, medical director of the Emergency Department at Newton Medical Center. “We also help those in the Emergency Department who are simply looking for assistance with addiction and dependence.”

OORP is a coordinated program between professionals from Atlantic Behavioral Health, the Emergency Department at Newton Medical Center, and the nonprofit Center for Prevention and Counseling, a local leader in treatment and prevention of substance misuse.

“The support for these patients starts right away, while the patient is still in the emergency room,” Dr. Brutico says. There,

trained volunteers – “peer recovery coaches” who have had personal experiences with addiction – meet with them. They continue to work with them for weeks after their Emergency Department visit.

“Even someone who is strongly determined to quit misusing substances is likely to struggle,” Dr. Brutico says.

“The role of The Center for Prevention and Counseling after the hospital stay is critical,” says Lori Ann Rizzuto, a licensed clinical social worker and executive director of Atlantic Behavioral Health. “They connect people to the services they need, including those available in the community where the healing process continues.”

Today, OORP’s success impacts people in over a dozen area counties. ▲

**For more information, call the Atlantic Behavioral Health access center (during business hours) at 1-888-247-1400 or call the Newton Medical Center Crisis Hotline at 973-383-0973.**

## MAKING THE TRANSITION COORDINATING MEDICAL NEEDS AFTER LEAVING THE HOSPITAL

Integration is the key when it comes to making sure patients get the best health care. To ensure that patients have optimal health results when they leave the hospital, Atlantic Health System offers the Transitions of Care program to patients.

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

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

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

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

The first few days or weeks after a hospital stay can be overwhelming. In addition to making sure the patient's family is included in the patient's care, Sweeney-McDonough says, "We focus on helping

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

– Maureen Sweeney-McDonough



patients and their families understand what the next steps are in terms of follow-up with their doctor, ensuring patients have the necessary medications and develop confidence to take care of themselves at home. It's great to watch patients safely make the transition and ensure they are on the best track to reach their health goals." ▲

**To schedule an eligibility screening for the Transitions of Care program, call the care coordination center at 1-855-226-7171.**



## Got Diabetes? Get a Personal Plan

Whether you've just learned you have diabetes or you've had it for a while, a special team at Newton Medical Center has information you can use. They're part of the hospital's Diabetes Self-Management Program.

"We meet with a variety of people every day who want to learn more about their life with diabetes," says Leigh Kramer, registered dietitian and certified diabetes educator.

Some people they see are feeling overwhelmed after meeting with their doctor about diabetes for the first time. Others have had it for years and have noticed that things they did before are not working as well anymore.

"Our educators work with each person one-on-one. So, when they leave us, they know they have a plan," Kramer says. "Plus, they know they can return for additional support." (See sidebar.)

Several features set this program apart from others in the region:

- All members of the team are certified as diabetes educators.
- All offer one-on-one education, plus group classes.
- The American Diabetes Association has affirmed that the program's entire scope of services meets national standards to help people manage the disease.

"Our focus is on diabetes, but we're able to address any other health challenges you might also have," says Kathleen Fitzpatrick, a registered nurse and certified diabetes educator. "This helps them create a personal plan, and it's empowering." ▲

**Connect with a certified diabetes educator. Contact your doctor or call 973-579-8341.**

## Kudos for HEALTH EDUCATION

People who take part in the Diabetes Self-Management Program at Newton Medical Center are grateful for what they learn. They write:

- "Your programs are awesome. They have really helped me get my blood sugar under control."
- "I've learned more with this program than in all the years I've had diabetes."
- "My educator was very easy to talk to and was extremely educated in this field."
- "After meeting with my educator, I feel that I will be able to accomplish my goals."



## NEW JERSEY'S FIRST NATIONAL CANCER INSTITUTE COMMUNITY ONCOLOGY RESEARCH PROGRAM (NCORP) AWARDED TO ATLANTIC HEALTH CANCER CONSORTIUM



A program of the National Cancer Institute  
of the National Institutes of Health

The National Cancer Institute (NCI) has designated Atlantic Health System as a National Community Oncology Research Program (NCORP) site of the Atlantic Health Cancer Consortium (AHCC). Covering 73% of New Jersey's population, it is the first and only New Jersey-based NCORP. AHCC will help develop and implement NCI cancer prevention, screening, care delivery, and treatment studies with leading health care systems across the state. The major health systems and medical centers throughout New Jersey that make up the AHCC NCORP include:

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

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

"As the first National Cancer Institute NCORP site based in New Jersey, we will expand the NCORP network coverage by 6.5 million people," said Missak Haigentz, MD, medical director of Hematology and Oncology for Atlantic Health System and principal investigator for AHCC NCORP. "We are proud to partner with these leading health care organizations, each of which has its own unique

strengths and patient populations. This will be an exceptional and unprecedented cancer care consortium for New Jersey, which has a diverse population and higher rates of adult and childhood cancer than the nation as a whole."

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

### **SPECIFIC GOALS OF THE CONSORTIUM INCLUDE THE FOLLOWING:**

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

The consortium will also help develop and implement clinically significant studies that incorporate the unique research needs of New Jersey's diverse population. A special emphasis will be placed on involving non-English-speaking individuals. ▀

# Cancer Center Expands Services With New Technology

Patients in northwest New Jersey now have more options for cancer care. Hackettstown Medical Center is one of five facilities in New Jersey now offering TrueBeam® for the treatment of cancer patients. Called a high-performance linear accelerator (LINAC), the machine delivers high-energy X-rays that adjust to the shape of the tumor being treated. According to Yana Goldberg, MD, medical director, Radiation Oncology at Hackettstown Medical Center and Radiation Oncology Associates of North Jersey, the TrueBeam technology allows doctors to treat patients with deep-seated tumors through a procedure called stereotactic body radiotherapy, where high doses of radiation are used to kill tumors.

One of the challenges in treating cancer with radiation therapy is making sure that the tumor is precisely targeted without damaging other areas of the body. "We obtain a special CAT scan to verify the position of the tumor to allow us to treat it with more precision and accuracy," says Dr. Goldberg. "With the TrueBeam® radiotherapy system we zoom in to the tumor to treat exactly where we want to treat thus avoiding damage to other areas."

The machine works by rotating around the body to administer radiation from various angles. Beams of energy with various intensities are aimed at a tumor or specific area to accurately hit the target. According to Donia Lombardo, manager of radiology and radiation oncology, "as the patient breathes the body moves and it could be radiating another area. The machine has the ability to synchronize radiation beams while the patient is breathing which provides more comfort for the patient."

The addition of TrueBeam technology to Hackettstown allows doctors from Radiation Oncology Associates of North New Jersey to extend services to patients with prostate or breast cancer, in addition to other cancers, at Hackettstown. "We have vast experience in treating patients with this technology," says Dr. Goldberg. "We're able to offer state-of-the-art services to local patients so they don't have to go out of the region, which is very exciting."



**RADIATION ONCOLOGY TEAM**

## **SOME OF THE OTHER CANCERS WE TREAT WITH TRUEBEAM INCLUDE:**

- cancers anywhere in the body
- lung
- liver
- breast
- prostate
- brain
- head and neck
- abdomen
- pelvis
- spine

According to Lombardo, the hospital's Joan Knechel Cancer Center has received radiation oncology accreditation from the American College of Radiology. This involves a rigorous third-party review of the facility's personnel, equipment, treatment planning, and treatment records, and includes patient safety and quality control assessments. ▲

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### **ATLANTIC MEDICAL GROUP**

**Dr. Goldberg is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit [atlanticmedicalgroup.org](http://atlanticmedicalgroup.org). Dr. Goldberg and Radiation Oncology Associates of North Jersey can be reached at 908-441-1500.**

**For more information on cancer treatment at Hackettstown Medical Center, contact the Joan Knechel Cancer Center at 973-441-1500.**

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## The Many Gifts of Florence Collins Davies

"She wore a white dress, white stockings and a white cap with a black ribbon around it," recalls Richard (Dick) Davies of Lafayette, NJ. "My mother, Florence, was an RN who worked at the Newton hospital from 1945 to 1957. Having a room named after her helps highlight and memorialize the many gifts she gave to the community."

Florence Collins was born in Franklin, NJ, in 1915. She graduated from Franklin High School in 1933 and went on to become a nurse in 1936. That same year she married John Davies, also from Franklin.

As John went on to become a Merchant Marine, Florence began her nursing career. She worked as a midwife in the late 1930s, riding from house to house with several doctors in the Franklin area. In 1945, she joined the nursing staff at what was then Newton Memorial Hospital. Then, for a short time, she worked at the Franklin Hospital, the first hospital built in Sussex County in 1908, to treat injured miners from the local mines. However, she returned to work at Newton until her death of acute hepatitis in 1957.

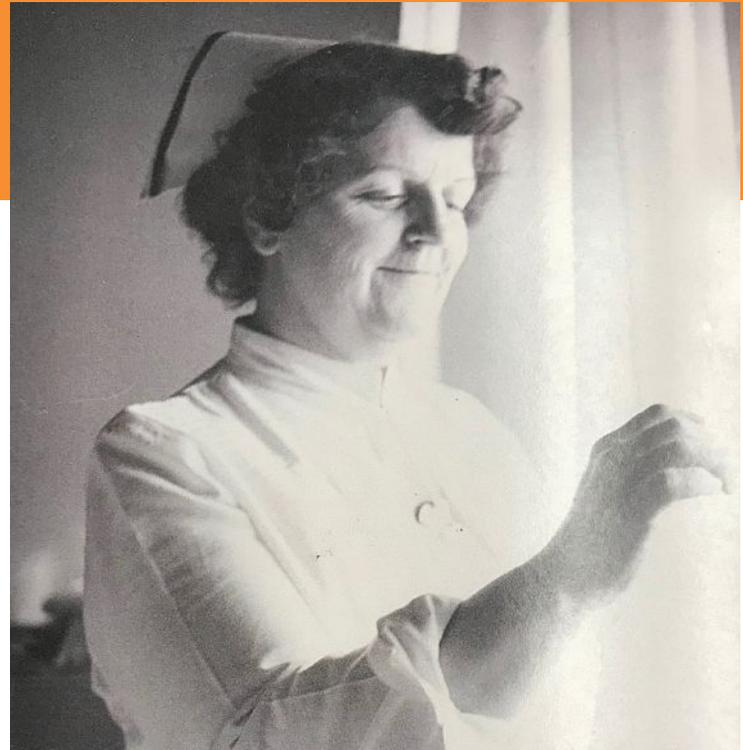
"I've thought about how to honor my mother for my entire adult life," states Richard Davies, Florence's son. "I was only 14 when she passed away. When Newton began renovations in the Emergency Department in 2016, the opportunity to name a private room after her seemed like the perfect fit."

The Davies family has a long history with Newton Medical Center. Two out of five of Florence's children, six grandchildren and five great-grandchildren were born at Newton.

Pat, Dick's wife of 59 years, says that many family members have had treatments at Newton Medical Center. To her, supporting the hospital is as essential as supporting your local fire company, food pantry and church.

"The medical care ... and the caring, were always excellent. The hospital has been a reliable, stable and comforting health service resource for our family for more than 75 years," says Dick.

My oldest sister, Judy, passed away last year and the wonderful people at Newton took very good care of her until the end," says Dick. "She had been a kindergarten teacher in Franklin public schools for more than 25 years, giving her love of education to the next generation of Sussex County. She was a physically active woman – kayaking and hiking on the waterways and mountain trails in northern New Jersey. Judy loved her family and her community and was chosen 'Franklin Senior Citizen of the Year' for 2018."



"The medical care ... and the caring, were always excellent. The hospital has been a reliable, stable and comforting health service resource for our family for more than 75 years."

– Richard (Dick) Davies

Judy Davies Postas will also have a room named after her on 1 South, newly renovated for the ultimate care of all patients. Pat and Dick's commitment to Sussex County and the health services of the community are a tribute to their positive experiences at Newton Medical Center and more importantly, the people who represent the hospital every day.

"Our family is very close. My son and I have businesses in the county. We, my children and grandchildren, gather as a family every week to embrace the memories of our history and future here," says Dick.

"For years, we have donated to the Festival of Lights – it's our way to say thank you to the staff for their high level of commitment to their patients. You can never do enough for those people. They have a tough job, and we need to recognize it." ▲

**For more information on how you can give, please visit [atlantichealth.org/newtonfoundation](http://atlantichealth.org/newtonfoundation).**

# community calendar Fall 2019/Winter 2020

Registration is required for all programs through Newton Medical Center at **1-800-247-9580** (unless otherwise noted).

BEHAVIORAL HEALTH	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	All Behavioral Health events take place at Newton Medical Center, 175 High Street, Newton, NJ 07860. Registration is required.			<b>ADOLESCENT DBT</b> Ages 14 to 17. Teaches teens skills to deal with challenges in their daily lives and to regulate emotions; 12-week session; must attend from the beginning.  Thursdays, 6:30-8:00pm <b>FEE: Most insurance plans are accepted.</b> To register, call 1-888-247-1400.  <b>WOMEN'S DEPRESSION AND ANXIETY</b> A supportive therapy group for women to discuss, explore and problem solve issues related to depression, anxiety, relationships, social security, family issues and more.  Mondays, 10:00-11:30am <b>FEE: Most insurance plans are accepted.</b> To register, call 1-888-247-1400.
	Tuesdays, 3:30-4:30pm	<b>ADVANCED DBT</b> Only for graduates of the Full DBT program.	To register for these events, call 1-888-247-1400.	
	Tuesdays, 1:00-2:00pm	<b>CO-OCCURRING/SUBSTANCE ABUSE</b> Participants will learn skills to maintain abstinence from mood-altering substances.		
	Thursdays, 1:00-2:00pm	<b>COPING WITH ANXIETY</b> Learn to manage those overwhelming feelings of fear and uneasiness.	FEE: Most insurance plans are accepted.	
	Mondays, 12:30-2:30pm OR Thursdays, 11:00am-1:00pm	<b>DBT</b> A social skills program to learn cognitive and behavioral skills. Registration is required.		
	Tuesdays, 11:30am-12:30pm	<b>DBT SKILLS GROUP FOR ADULTS</b> Twelve rotating sessions that highlight essential dialectical skills.	FEE: Most insurance plans are accepted.	
	Wednesdays, 6:00-7:00pm	<b>BUILDING A LIFE WORTH LIVING</b> Develop coping skills to help manage daily stress, mindfulness practice skills and learn to manage the symptoms of depression and anxiety.		
Thursdays, 10:30am-Noon OR Fridays, 12:30-1:30pm	<b>DEPRESSION</b> Understand depression and learn strategies to minimize the impact of depression in your life.			
First Thursday of the month, 5:00-6:00pm	<b>VETERANS' PTSD</b> Participants will learn skills to manage symptoms of PTSD.			

CANCER CARE	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES
	Fourth Thursday of the month, 3:00-4:00pm	<b>CANCER SUPPORT GROUP</b> A general cancer support group designed for individuals who have been affected by cancer. Newton Medical Center, 175 High Street, Newton, NJ 07860	To register, call 973-579-8620.  FEE: FREE

COMMUNITY HEALTH	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	Various dates and times	Health education lectures and programs are offered on various topics. Visit <a href="http://atlanticealth.org/classes">atlanticealth.org/classes</a> for a complete list.	To register, call 1-800-247-9580.  FEE: FREE	<b>ATLANTIC HEALTH SYSTEM BIRTHDAY CARD PURCHASE</b> Atlantic Health System invited children who are relatives of our team members to create artwork for birthday greeting cards. A set of 12 unique cards are available for purchase.  \$10.66 per set (includes tax)
	Various dates and times	<b>BASIC LIFE SUPPORT AND FIRST AID</b> For a list of available classes and online registration, log on to <a href="http://atlanticambulance.org/atlantic-training-center">atlanticambulance.org/atlantic-training-center</a> .	For more details, call 908-522-2323.	
	Various dates and times	<b>SMOKING/VAPING CESSATION PROGRAM</b> Learn techniques that can help you quit. Nicotine replacement products will be provided at no cost. An assessment is required to participate. Preregistration is required.	To register, call 973-579-8373.  FEE: FREE	<b>WEIGHT LOSS SURGERY WEBINAR</b> Led by one of our fellowship-trained bariatric surgeons, this webinar gives an overview of the most effective bariatric procedures performed, how much weight you can lose, health benefits and qualifications. Access to a computer required. Register at <a href="http://njbariatriccenter.com">njbariatriccenter.com</a> under Free Seminar. FEE: FREE
	Various dates and times	<b>PROJECT SEARCH</b> Project SEARCH will provide real-life work experience and training in employability and independent-living skills to high school students ages 18-21 with significant disabilities at Newton Medical Center.	For more information or to enroll your child, contact Jaime Westerfield at Sussex County Education Service Commission at 973-579-9680.	
Wednesdays, Dec. 4, Jan. 2, Feb. 5 and March 4	<b>PREOPERATIVE JOINT REPLACEMENT CLASS</b> Patient education class for patients getting or wanting more information on total hip/knee replacement surgeries. Newton Medical Center, 175 High Street, Newton, NJ 07860	To register, call 1-800-247-9580.  FEE: FREE		

DIABETES WELLNESS	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	ACTIVITY How does activity affect diabetes management? Wednesdays, February 5, 10:00-11:00am and March 4, 6:30-7:30pm To register, call 973-579-8341. FEE: FREE
	All Diabetes Wellness events take place at Newton Medical Center, Cafeteria Conference Room, 175 High Street, Newton, NJ 07860.			
	Wednesdays, December 4, 10:00-11:00am, and December 11, 6:30-7:30pm	<b>KETO DIET AND LOW-CARB DIET: ARE THEY REALLY GOOD FOR YOU?</b> Compare and contrast keto and low-carb diets. Learn what's right for you. <b>Holiday Party: Celebrating Us and Another Year Well Done.</b> Bring a light dish to share.	To register, call 973-579-8341. FEE: FREE	

FITNESS	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	All Nutrition events take place at Sussex County YMCA, 15 Wits End Drive, Hamburg, NJ 07419.			
	Mondays, 6:30-7:50pm	<b>YOGA FOR EVERY BODY</b> Using a mat, this class can adapt movements to your level and ability. Newton Medical Center, Romano Education and Conference Center, 175 High Street, Newton, NJ 07860	To register, call 973-579-8340. FEE: \$90 FOR 8 WEEKS; \$15 DROP-IN FEE PER CLASS	

NUTRITION	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	<b>SUPPLEMENTS: ARE THEY NECESSARY?</b> Friday, February 7, 10:00am To register, call 973-209-9622. FEE: FREE  <b>YOU ARE WHAT YOU EAT: TIPS FOR HEALTHY LIVING</b> Friday, March 6, 10:00-11:00am, and Wednesday, March 25, 7:30-8:30pm To register, call 973-209-9622. FEE: FREE
	All Nutrition events take place at Sussex County YMCA, 15 Wits End Drive, Hamburg, NJ 07419.			
	Wednesday, December 4, 7:30-8:30pm, and Friday, December 6, 10:00-11:00am	<b>GOOD CARBS, BAD CARBS: A DISCUSSION ABOUT FOOD CHOICES FOR OPTIMAL ENERGY</b>	To register, call 973-209-9622. FEE: FREE	
	Friday, January 3, 10:00am	<b>PALEO DIET, KETO DIET: A REVIEW OF TRENDY DIETS</b>		

PARENTING & CHILDBIRTH	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	<b>MATERNITY CENTER TOUR</b> The Maternity Center Tour gives our participants an overview of labor, delivery and postpartum.  Various dates and times FEE: FREE To register, call 1-800-247-9580.  Newton Medical Center 175 High Street Newton, NJ 07860
	All Parenting & Childbirth classes alternate between Newton Medical Center and Center for Healthier Living in Hackettstown, NJ. For information or to register, call 1-800-247-9580 or visit <a href="http://atlanticealth.org/calendar">atlanticealth.org/calendar</a> .			
	Various dates, 6:30-8:30pm	<b>BABY CARE CLASS</b> Expectant mothers and their support person will learn the tools to care for their newborn.	FEE: \$30	
	Various dates, 6:30-9:00pm	<b>BREASTFEEDING</b> Expectant mothers and their support person will learn various aspects of breastfeeding.	FEE: \$40	
	Various dates, 8:30am-3:30pm	<b>CHILDBIRTH EDUCATION</b> This class covers the stages of labor, comfort measures, hospital routines, cesarean birth, labor variations, relaxation and breathing techniques, and more.	FEE: \$130 FOR MOTHER AND ONE GUEST	

NEW VITALITY	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	All Support Group events take place at Newton Medical Center, 175 High Street, Newton, NJ 07860.			
	Various dates and times	<b>NEW VITALITY PROGRAM</b> If you're over the age of 65 and are looking for new ways to enhance your health and social life, join New Vitality. Membership is free and offers access to classes, selected health screenings, a quarterly magazine, and special events. New Vitality programs are held at various locations throughout Atlantic Health System. Most programs are free; others may require a small fee.	For complete listing of classes, activities and to join the New Vitality Program, call 1-844-472-8499 or visit <a href="http://atlanticealth.org/newvitality">atlanticealth.org/newvitality</a> . FEE: MEMBERSHIP IS FREE	

SUPPORT GROUPS	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	<b>STROKE</b> A support group designed for individuals affected by stroke – caregivers welcome.  Fourth Tuesday of the month, 6:00-7:00pm FEE: FREE To register, call 973-579-8620.  Newton Medical Center 175 High Street Newton, NJ 07860
	All Support Group events take place at Newton Medical Center, 175 High Street, Newton, NJ 07860.			
	Ongoing, 10:00am-Noon	<b>ALZHEIMER'S DEMENTIA</b> Our support group facilitators receive specialized training about Alzheimer's disease and group facilitation techniques, as well as ongoing support and evaluation.	For more information, call 973-579-8600. FEE: FREE	
	First Tuesday of the month, 6:00-7:00pm	<b>BIATRIC (WEIGHT LOSS) SURGERY</b> Support and encouragement in adjusting after surgery.	For locations and more information, call 973-573-8341. FEE: FREE	
	Fourth Tuesday of the month, 11:30am-1:00pm	<b>BETTER BREATHERS CLUB</b> A program by the American Lung Association. Support group for people with chronic lung disease and their loved ones.	To register, call 973-579-8373. FEE: FREE	
	Second Tuesday of the month, 7:30-9:00pm	<b>PERINATAL LOSS</b> Parents who have lost an unborn child can provide each other with mutual support and encouragement.	To register, call 973-940-8140. FEE: FREE	

**Atlantic Health System**  
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