well aware

VIEW OUR NEW VITALITY COMMUNITY CLASSES AND EVENTS

New 3D Technology to Detect Breast Cancer

Advances in Treatment for Blocked Arteries

FALL 2014
DEAR FRIENDS,

As the leaves turn color and the air becomes crisper, our thoughts turn to the change of seasons. I hope you had a fun and relaxing summer and are looking forward to all of the wonderful activities and beauty that come with fall.

Because our emphasis has always been on integrating health and wellness into the fabric of your lives, we’ve assembled a robust collection of listings to give you that added boost. Our New Vitality calendar has information on exercise programs, health screenings and special events that extend you the opportunity to come together as a community. Join us — and be sure to invite a friend!

Deborah K. Zastocki, DNP, RN
President, Chilton Medical Center
ADVANCES IN TREATMENT FOR BLOCKED ARTERIES

A New Route to the Heart

Angioplasty is a nonsurgical procedure used to open narrowed or blocked coronary arteries and restore blood flow to the heart. While this approach is safe and successful, research suggests that a newer angioplasty technique, called transradial catheterization, may be even better.

With transradial catheterization, the physician accesses the heart through the radial artery in the wrist rather than the femoral artery in the groin, as happens in traditional angioplasty. Same destination, different route. “In my personal experience, 99.9 percent of patients who have experienced both types of traditional angioplasty prefer the transradial approach,” observes Lawrence Blitz, MD, medical director of the Cardiovascular Interventional Lab at Chilton Medical Center.

That’s because transradial patients do not have to lay flat and still for several hours, even overnight, to avoid bleeding, as traditional angioplasty patients must. “Transradial catheterization is far less confining,” notes Dina Tortorelli, RN, manager of the Cardiovascular Interventional Lab at Chilton Medical Center. “Patients can sit up, get out of bed and walk around right after their procedure.” Most recuperate within hours instead of days — and with less bleeding.

To learn more about Chilton Medical Center’s heart and vascular services, visit the hospital’s website at atlantichealth.org/chilton.

Autumn Allergy Alert: RAGWEED

If fall allergies have you stuffy and sneezing, then you might be wondering what causes your body to react this way. In the spring, we all know pollen from fresh green blooms is to blame, but what exactly causes fall allergies?

Surprisingly, the plant responsible for all those boxes of tissues is the simple ragweed. It grows in 17 varieties, and thrives in places like vacant lots or empty roads. Its white, powdery pollen activates the body’s defenses. One in five people are actually allergic to it — and three out of four people allergic to pollen are triggered by ragweed.

TIPS FOR LIMITING CONTACT WITH RAGWEED?

• Avoid peak ragweed hours (10:00am to 3:00pm).
• Track pollen counts in the newspaper or on the web.
• Keep windows closed and use central air-conditioning with a HEPA filter.

• Change your clothes and wash your hands after you’ve been outside, since ragweed can stick to skin or clothing.
• Do not hang laundry to dry outside because pollen sticks to wet clothes.

ONE SHOCKER? Avoid consuming foods like bananas, melons, honey, sunflower seeds and chamomile tea. Their proteins are similar to ragweed and can actually make symptoms worse.

NEW Center for Well Being opens its doors at 435 South St. in Morristown

At first, you may mistake the Center for Well Being in Morristown for a high-end luxury spa. In reality, it is so much more. The new, 20,000-square-foot Center for Well Being in Morristown is dedicated to a higher purpose than mere pampering. “Our goal is to take the science of health and put it into practice,” says Mimi Guarneri, MD, senior advisor for the Center for Well Being. “We want to complete the circle of care by offering our clients diverse options for healthy lifestyle change.”

That list includes everything from nutritional consultations and acupuncture to cardiac rehabilitation, lifestyle coaching, therapeutic massage and even cooking classes. The common thread in all these offerings comes down to the three “Ps,” says Dr. Guarneri: “Everything is personalized, proactive and participatory.”

For more information, visit atlantichealth.org/centerforwellbeing.
New 3D Technology to Detect Breast Cancer
The future of mammography comes to Chilton Medical Center

Thanks to a new breast imaging innovation — 3D mammography — the future of mammography has arrived. And it’s now available at The Breast Center at Chilton Medical Center.

UNIQUE BREAST HEALTH BENEFITS
3D mammography, or breast tomosynthesis, is regarded among experts as the first major advance in breast imaging and breast cancer screening since the development of breast MRI. “This breakthrough vastly improves our ability to find smaller cancers, while also diminishing the need for additional testing,” states Lisa Bash, MD, medical director of Chilton’s Breast Center. “It has the potential to change how women receive mammograms and doctors diagnose breast cancer.”

Performed in conjunction with traditional digital mammography, 3D mammography utilizes an x-ray machine that moves over each breast, in an arc, to capture multiple angles. The high-resolution images are then viewed individually as one-millimeter “slices” and in rapid succession to produce a three-dimensional reconstruction of the entire breast.

“This technique eliminates the visual obstruction of overlapping breast tissue, allowing us to see details with greater clarity and to identify tiny masses or subtle abnormalities that may have been missed with conventional mammography alone,” explains Dr. Bash.

EARLIER DETECTION, INCREASED ACCURACY
Mounting evidence suggests that 3D mammography, used in combination with standard mammography, significantly improves breast cancer detection rates while identifying cancers earlier and more correctly pinpointing the size, shape and location of abnormalities. The test also increases the likelihood of detecting multiple tumors, which occur in fifteen percent of breast cancer patients.

Another major benefit of 3D mammography is a substantial reduction in false-positive results — which means fewer patient recalls and diagnostic tests. “That can make a huge difference for our patients, alleviating the stress and anxiety associated with multiple visits and offering greater peace of mind,” Dr. Bash notes.

3D mammography is valuable for both screening and diagnostic mammography. The FDA-approved technique is safe and noninvasive, adding mere seconds to the length of a standard mammography procedure with a single radiation exposure.

For more information about 3D mammography, or to schedule a mammogram appointment at The Breast Center at Chilton Medical Center, please call 973-831-5200.
INTEGRATED WELLNESS

ARTHRIXIS FOUNDATION AQUATICS PROGRAM (Joint-Friendly)
Exercise without excess strain on your joints. Bring a lock, towel and swim cap to the class.
TIME: Noon to 12:45pm
DATE: Thursdays, October 2 to November 20
PLACE: New York Sports Club, 1481 Route 23 South, Butler
FEE: $40 for all eight weeks

ARTHRIXIS FOUNDATION EXERCISE PROGRAM (Joint-Friendly)
Gentle activities help increase joint flexibility and maintain range of motion.
TIME: 1:30 to 2:30pm
DATE: Mondays, September 29 to November 17
PLACE: Chilton Medical Center, Collins Pavilion
FEE: $40 for all eight weeks

HATHA YOGA
Integration of body, mind and breath. Bring a yoga mat.
TIME: 6:30 to 7:30pm
DATE: Tuesdays, September 30 to December 16
PLACE: Chilton Medical Center, Collins Pavilion
FEE: $96 for all 12 weeks

QIGONG
Coordinates the use of mind, breath and movement.
Afternoon Classes:
TIME: 1:30 to 2:30pm
DATE: Tuesdays, October 7 to December 16 (no class December 9)
PLACE: Chilton Medical Center, Collins Pavilion
FEE: $50 for all 10 weeks

Evening Classes:
TIME: 6:00 to 7:00pm
DATE: Thursdays, October 16 to December 18 (no class November 27)
PLACE: Chilton Medical Center, Collins Pavilion
FEE: $72 for all nine weeks

TAI CHI CHIH® JOY THRU MOVEMENT — Beginner (Joint-Friendly)
A series of simple, non-martial movements that anyone can do.
TIME: 9:45 to 10:30am
DATE: Thursdays, October 2 to December 11 (no class November 27)
PLACE: Chilton Medical Center, Collins Pavilion
FEE: $50 for all 10 weeks

TAI CHI CHIH — Intermediate (Joint-Friendly)
This class will introduce Seijaku (advanced T’ai Chi Chih). Participants must complete at least two beginner sessions prior to taking this intermediate class.
TIME: 10:45 to 11:30am OR 11:45am to 12:30pm
DATE: Thursdays, October 2 to December 11 (no class November 27)
PLACE: Chilton Medical Center, Collins Pavilion
FEE: $50 for all 10 weeks

DATE: Thursdays, October 2 to December 11 (no class November 27)
PLACE: Chilton Medical Center, Collins Pavilion
FEE: $50 for all 10 weeks

YOGA — Beginner
Bring a small blanket and a mat for the floor.
TIME: 11:30am to 12:30pm
DATE: Tuesdays, October 7 to December 16 (no class December 9)
PLACE: Chilton Medical Center, Collins Pavilion
FEE: $50 for all 10 weeks

YOGA — Intermediate
Bring three yoga blankets and a mat. Participants must complete at least two beginner sessions prior to taking this intermediate class.
TIME: 10:00 to 11:00am
DATE: Tuesdays, October 7 to December 16 (no class December 9)
PLACE: Chilton Medical Center, Collins Pavilion
FEE: $50 for all 10 weeks
NEW CLASS — HULA HOOP WAKE UP
Enjoy a full body challenge using weighted Hula Hoops to power up your workout. Hula Hoops provided.
TIME: 6:30 to 7:15pm
DATE: Mondays, September 29 to December 15
PLACE: Riverdale Senior Community Center, 57 Loy Avenue, Riverdale
FEE: $96 for all 12 weeks

AQUACISE, LEVEL 1 (Joint-Friendly)
Cardiovascular fitness, endurance and flexibility in chest-deep water. Bring a lock, towel and swim cap.
TIME: Noon to 12:45pm
DATE: Mondays, September 29 to December 15

AND/OR

AQUACISE, LEVEL 2 (Joint-Friendly)
Stretching and cardiovascular conditioning. Bring a lock, towel and swim cap.
TIME: 1:00 to 1:45pm
DATE: Wednesdays, October 1 to December 17
PLACE: New York Sports Club, 1481 Route 23 South, Butler
FEE: $60 for each 12-week session

MUSCLES IN MOTION — Two Locations
Increase your core strength. Bring a mat and handheld weights. Resistance equipment provided.
TIME: 4:30 to 5:30pm
DATE: Mondays, October 20 to December 15
PLACE: Chilton Medical Center, Collins Pavilion
FEE: $45 for all nine weeks

AND/OR

BEFTER BONES — Intermediate
For individuals who have already completed at least two sessions of Muscles in Motion. Bring 1-, 2- or 3-lb. handheld weights.
TIME: 10:15 to 11:15am
DATE: Tuesdays, September 30 to December 9 (no class November 25)
AND/OR
DATE: Thursdays, October 2 to December 11 (no class November 27)
PLACE: Wayne Presbyterian Church, 1200 Alps Road, Wayne
FEE: $60 for each 10-week session

CORE DYNAMIX
Cardio, balance, standing [barre] work and mat floor exercises. Bring one pair of light weights (2 to 3 pounds) and a mat.
TIME: 5:30 to 6:15pm
DATE: Tuesdays, October 7 to December 16 (no class December 9)
PLACE: Chilton Medical Center, Collins Pavilion
FEE: $50 for all 10 weeks

AND/OR

DATE: Wednesdays, October 1 to December 17
PLACE: New York Sports Club, 1481 Route 23 South, Butler
FEE: $60 for each 12-week session
**THE POWER HOUR**
Promotes muscular endurance, balance and bone strengthening. Bring a light set of handheld weights and a mat.  
**TIME:** 5:30 to 6:30 pm  
**DATE:** Wednesdays, October 22 to January 14, 2015 (no class October 29; December 17, 24 and 31)  
**PLACE:** Chilton Medical Center, Collins Pavilion  
**FEE:** $72 for all nine weeks

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**ZUMBA® GOLD**
Improve balance, strength and flexibility.  
**TIME:** 1:00 to 1:45 pm  
**DATE:** Mondays, September 29 to December 8 (no class November 24)  
AND/OR  
**TIME:** 10:00 to 10:45 am  
**DATE:** Wednesdays, October 1 to December 10 (no class November 26)  
AND/OR  
**TIME:** 10:00 to 10:45 am  
**DATE:** Fridays, October 3 to December 12 (no class November 28)  
**PLACE:** Wayne Presbyterian Church, 1200 Alps Road, Wayne  
**FEE:** $60 for each 10-week session

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**ZUMBA GOLD AT CHILTON**
Participants need slip-on bands or shoe sliders to pivot on carpeted floors.  
**TIME:** 1:00 to 1:45 pm  
**DATE:** Thursdays, October 2 to December 11 (no class November 27)  
**PLACE:** Chilton Medical Center, Collins Pavilion  
**FEE:** $50 for all 10 weeks

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**NEW CLASS — ZUMBA**
Sculpts and tones the body.  
**TIME:** 7:00 to 8:00 pm  
**DATE:** Wednesdays, October 1 to December 10 (no class November 26)  
**PLACE:** Chilton Medical Center, Collins Pavilion  
**FEE:** $80 for all 10 weeks

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**FREE MALL WALKER PROGRAM**
Participants may walk from:  
**TIME/DATE:** 7:00 to 10:00 am, Monday through Saturday; 9:00 to 11:00 am, Sunday  
**PLACE:** Willowbrook Mall, Wayne  
Willowbrook Mall, Wayne Alliance for the Prevention of Substance Abuse, Chilton Cardiac Rehabilitation and CareOne at Wayne are co-sponsoring the Mall Walker Program. Call 973-831-5367 to register for this program.

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**Healthy Communities**
Chilton Medical Center partners with many of your local health departments to provide important community health services. For information about upcoming health-related screenings, programs and events, call your town or visit your town’s website.

**POMPONTE LAKES**
973-835-0143 ext. 225  
pomptonlakesgov.com

**WANAQUE**
973-839-3000  
ext. 7122 or 7124  
wanaqueborough.com

**RINGWOOD**
973-962-7079  
ringwoodnj.net

**WAYNE**
973-694-1800  
ext. 3241  
waynetownship.com

**WEST MILFORD**
973-728-2725  
westmilford.org
**HEALTH EDUCATION**

**UP CLOSE AND PERSONAL**
Join us for a special menu and price of $13.95. A breast surgeon, pathologist and plastic surgeon will discuss a breast cancer patient’s journey from the pathology report to reconstruction and recovery. Q & A with all of the doctors. Call the Grasshopper Too to make your reservation at 973-696-9698.

**PRESENTERS:** Michelle Azu, MD; Charbel Chalfoun, MD; Essam Ahmed, MD
**TIME:** 5:30pm
**DATE:** Thursday, October 2
**PLACE:** Grasshopper Too Restaurant & Bar, 26 Erie Avenue, Wayne

**WHEN DO I NEED A BREAST SURGEON?**
Learn what warning signs and symptoms should prompt you to see a breast surgeon ASAP. A healthy breakfast provided by Assisting Seniors at Home.

**PRESENTER:** Michelle Azu, MD
**TIME:** 10:00am
**DATE:** Wednesday, October 22
**PLACE:** Chilton Medical Center, Collins Pavilion
**FREE**

**YOUR BREAST HEALTH — FROM DIAGNOSIS TO SURGERY**
Join a pathologist, breast surgeon and plastic surgeon for a breast cancer patient's journey from the pathology report to reconstruction and recovery. Light refreshments by Caring People Home Health Agency.

**PRESENTERS:** Michelle Azu, MD; Charbel Chalfoun, MD; Essam Ahmed, MD
**TIME:** 2:00pm
**DATE:** Wednesday, October 8
**PLACE:** Chilton Medical Center, Collins Pavilion
**FREE**

**STROKE SCREENING**
Fasting is recommended for accurate results but not required. Appointments are required and limited. To make an appointment, call 973-831-5475.

**TIME:** 8:30 to 10:30am
**DATE:** Monday, October 6
**PLACE:** 242 West Parkway, Pompton Plains
**FEE:** $25

**LEARNING @ YOUR LEISURE**
Learning @ Your Leisure will allow you to view recorded webinars from the comfort of your home. For information or to view the webinars, visit our website at chiltonneighbors.org.

**Wayne Township’s 36th Annual Health Fair**
Wayne Valley High School, 551 Valley Road, from 8:30 to 11:00am, Saturday, October 25. For information or to register for screenings, call 973-694-1800 ext. 3281 or visit waynetownship.com/health.

**Free Sleep Health Screenings**
Visit the website at chiltonhealth.org.

**Pulmonary Rehabilitation Program**
This nine-week program is for people with various lung conditions. For information, call 973-831-5070.

**Diabetes Self-Management Education Program**
For information or to schedule an appointment, call 973-831-5216.
POSITANO PASTA PINKOUT
Positano Restaurant & Pizzeria supports Chilton’s Breast Center. For $19.99 (dine in or take out), enjoy a choice of six different pastas, including salad and drink. Whole-wheat and gluten-free choices available. Free breast health assessments. Call Positano to make your reservation at 973-628-6863.
TIME: 5:00pm
DATE: Wednesday, October 8
PLACE: Positano Restaurant & Pizzeria, 245 Berdan Avenue, Wayne

WOMEN’S HEALTH UPDATE AND SCREENING
Female cancers, signs and symptoms and the latest screening guidelines. Appointments for the screening are required and limited. Lakeland Health Care Center provides a light supper. To make an appointment, call 973-831-5475.
PRESENTER: John Scian, MD
TIME: 5:30pm
DATE: Wednesday, October 15
PLACE: Chilton Medical Center, Collins Pavilion
FREE

BRAIN ATTACK: STROKE
Learn the warning signs, symptoms and risks of stroke. Our interactive giant inflatable brain will be on-site as well as Chilton Medical Center Stroke Department staff. Milford Manor Nursing & Rehabilitation provides a healthy breakfast.
PRESENTER: Gennaro Marino, DO
TIME: 10:00am
DATE: Friday, October 24
PLACE: Chilton Health Network, MICU Classroom
FREE

MEN’S HEALTH UPDATE AND SCREENING
Prostate cancer, signs and symptoms and the latest screening guidelines. Appointments for the screening are required and limited. Lakeland Health Care Center provides a light supper. To make an appointment, call 973-831-5475.
PRESENTER: James Zinman, MD
TIME: 6:30pm
DATE: Wednesday, October 29
PLACE: Chilton Medical Center, Collins Pavilion
FREE

NIP, TUCK AND BLING
Join us for wine and cheese, “pink” jewelry specials, free jewelry cleaning and a raffle. Plastic surgeon Michael Conn, MD, will answer those questions that you’ve always wanted to ask. A generous donation will go toward the purchase of a breast ultrasound machine.
TIME: 6:30pm
DATE: Thursday, October 30
PLACE: The Image Gallery, 1160 Hamburg Turnpike, Wayne
FREE

MANAGING YOUR DIABETES: 2014 UPDATE
A basic diabetes overview and current information on medications, diet and exercise. CareOne at Wayne provides a healthy breakfast.
PRESENTERS: Lucy Covello, MD; Dina Hulbert, RD, CDE; Christine Dorenbush, MS
TIME: 10:00am to Noon
DATE: Friday, November 21
PLACE: Chilton Medical Center, Collins Pavilion
FREE

WONDERING IF IT’S PERIMENOPAUSE?
Learn about the symptoms and some treatment options available.
PRESENTER: John Scian, MD
TIME: 7:00pm
DATE: Monday, December 1
PLACE: Chilton Medical Center, Collins Pavilion
FREE

Parent Education
Events take place at multiple locations. Call 973-831-5475 for registration information.

Just for Dads
TIME: 7:00 to 9:30pm
DATE: Wednesday, October 8

Relating to Motherhood
TIME: 10:30am to Noon
DATE: Fridays, October 3, November 7 and December 5 AND
TIME: 5:00 to 6:30pm
DATE: Tuesdays, October 14 and 28; November 11 and 25; December 9

Especially for Siblings
TIME: 9:30am to Noon
DATE: Saturday, October 11

Babies and Pets
TIME: 7:30 to 8:30pm
DATE: Monday, October 27
EAT WELL ... BE HAPPY
This five-week FREE weight management program will teach you strategies to make healthy lifestyle choices. Lots of coupons and recipes included.
PRESENTER: Allison Smith, MPH, RD, ShopRite of Lincoln Park
TIME: 2:00pm
DATE: Wednesdays, October 15, 29; November 12; December 3, 10
PLACE: Chilton Medical Center, Collins Pavilion
FREE

CHOCOLATE: GOOD FOR THE MIND, BODY AND SPIRIT
Stop by Gary’s Wine after a long day for a glass of wine and a sampling of delicious Enjou chocolates. Involve all five of your senses while learning about the health benefits, too.
PRESENTER: Wendy Taffet, Chocolatier
TIME: 5:30pm
DATE: Thursday, October 16
PLACE: Gary’s Wine & Marketplace, 1308 Route 23 North, Wayne
FEE: $5

SAVVY VEGETARIAN
Learn the facts about a vegetarian diet and if it’s right for you.
PRESENTER: Nicole Hallissey, RD, ShopRite of Oakland
TIME: 7:00pm
DATE: Monday, October 27
PLACE: Chilton Medical Center, Collins Pavilion
FEE: $5

GUiltless goodies for the holidays
A registered dietitian will demonstrate preparation of tasty, yet healthy desserts.
PRESENTER: Nicole Hallissey, RD, ShopRite of Oakland
TIME: 7:00pm
DATE: Tuesday, November 18
PLACE: ShopRite of Oakland, 14 Post Road, Oakland — Culinary Station
FEE: $5

THE HEALTHY BENEFITS OF BEANS AND LEGUMES
Packed with health and longevity benefits, beans are the perfect comfort food. Tastings and recipes included.
PRESENTER: Allison Smith, MPH, RD
TIME: 2:00pm
DATE: Wednesday, November 19
PLACE: Chilton Medical Center, Collins Pavilion
FEE: $5

SUPPORT GROUPS
Alzheimer’s Disease Caregivers Support Group: 7:00 to 8:30pm the second Wednesday of the month from September to June — 242 West Parkway, Pompton Plains. For information, call 973-831-5367.

Arthritis Support Group: 10:30 to 11:30am the fourth Tuesday of the month — CareOne at Wayne, 493 Black Oak Ridge Road, Wayne. For information, call 973-831-5367.

Bereavement Support Group: 1:00 to 2:30pm the fourth Tuesday of the month — 242 West Parkway, Pompton Plains. For information, call 973-831-5367.

Diabetes Education and Support Group: 10:00 to 11:00am the first Thursday of the month and from 7:00 to 8:30pm the third Wednesday of the month — 242 West Parkway, Pompton Plains. For information, call 973-831-5229.

Family Caregiver Workshops: For those caring for a loved one with Alzheimer’s and other dementias. Presented by Andrea Sussman, MSW, executive director for Home Instead Senior Care. For information, call 973-970-9250.

United Ostomates of North Jersey: 7:00 to 8:30pm the second Monday of the month — Chilton Medical Center, Board Room. For information, call JoAnn Valen, RN, CWOCN, at 973-831-5168 or Susan Becker, RN, WOCN, at 973-831-5303.

Well Spouse Support Group: For a spouse caring for a chronically ill or disabled loved one. 1:30 to 3:00pm the second Monday of the month — Chilton Medical Center, Collins Pavilion. For information, call 973-831-5311/5306.

“Women to Women”: For women who are living with cancer. 1:00 to 2:30pm the first, third and fifth Tuesdays — 242 West Parkway, Pompton Plains. For information, call 973-831-5311/5306.
WELCOME TO THE NEW NEW VITALITY
Atlantic Health System is expanding the New Vitality program into its other three hospitals. Join us as we kick off the future of New Vitality and celebrate with a fresh new look. Refreshments, giveaways and more. Bring a friend who is not a member and you will be entered into a raffle for a ShopRite gift card.
TIME: 10:00am to Noon
DATE: Monday, September 15
PLACE: Chilton Medical Center, Collins Pavilion
FREE

CALLING ALL NEW GRANDPARENTS
This class will inform new and “about to become” grandparents about new ideas in child care.
PRESENTER: Karin Beach, RN, BSN, ICCE, ICD
TIME: 6:30 to 8:30pm
DATE: Thursday, October 9
PLACE: Chilton Medical Center, Board Room
FREE

MOON ROCKS AND METEORITES
An interactive presentation. View real lunar samples collected during the Apollo missions and hold genuine meteorites ... touch a piece of cosmic history.
PRESENTER: Laura Venner
TIME: 10:00am
DATE: Friday, October 10
PLACE: Chilton Medical Center, Collins Pavilion
FREE

DECADE SERIES:
The 1940s
Learn about the people and events that made the 1940s one of the most significant decades.
PRESENTER: James Gardner, Time Machine Talks, LLC
TIME: 10:00am
DATE: Friday, November 7
PLACE: Chilton Medical Center, Collins Pavilion
FEE: $5

ADVANCE DIRECTIVES AND POLST
Learn the differences between POLST (Physician’s Order for Life-Sustaining Treatment) and an advance directive.
PRESENTER: Terri Roth Reicher, JD, LLM
TIME: 2:00pm
DATE: Wednesday, October 22
PLACE: Chilton Medical Center, Collins Pavilion
FREE

FRANKLIN D. ROOSEVELT: AN ARSENAL FOR DEMOCRACY
Meet with President Roosevelt just prior to his delivery of the famous “Arsenal for Democracy” speech. This program is funded by the Horizon Speakers Bureau of the New Jersey Council for the Humanities, a state partner of the National Endowment for the Humanities.
PRESENTER: Neill Hartley, American Historical Theatre
TIME: 11:00am
DATE: Friday, November 14
PLACE: Chilton Medical Center, Collins Pavilion
FREE

Annual Women’s Event
LIVE EVERY MOMENT, LAUGH EVERY DAY
A fun-filled evening with humorist Diana Jordan. Shop at our boutique tables and enjoy a night out for yourself. See Diana’s website at dianajordan.com.
TIME: 5:30pm
DATE: Thursday, October 23
PLACE: Preakness Hills Country Club, 1050 Ratzer Road, Wayne
FEE: $46 per person (includes a full course dinner)

Thank you to our sponsors for their support.
Save the Date

Chilton Medical Center Foundation Special Event
Annual Chilton Gala at The Grove in Cedar Grove, Saturday, December 6, 2014

Call 973-831-5165 or visit atlantichealth.org/chilton for additional information.

Eat at Wendy’s for PAINT THE TOWNS PINK
Have lunch or dinner [dine in or take out] at participating Wendy’s Restaurants, and they will donate fifteen percent of their proceeds to benefit Chilton’s Breast Center.
TIME: Noon to 8:00pm
DATE: Tuesday, October 14
PLACE: Wendy’s of Hamburg Turnpike, Wayne
Wendy’s of Route 23, Wayne
Wendy’s of Route 46, Wayne
Wendy’s of Willowbrook Mall, Wayne
Wendy’s of Butler
Wendy’s of Pompton Lakes

IS YOUR HOUSE IN ORDER?
An overview of issues for your financial and personal planning, guided by our professional advisory experts. Continental breakfast included.
TIME: 10:00am
DATE: Tuesday, September 30
PLACE: Chilton Medical Center, Collins Pavilion
FREE

AUXILIARY EVENTS

QUEEN’S TEA
The Chilton Auxiliary is hosting a “Queen’s Tea” to benefit Chilton’s Breast Center.
TIME: Noon and 6:00pm
DATE: October 2 and October 9

TREE OF LIGHTS
Sponsor a light to shine in honor or in memory of a special person in your life. Your light will shine throughout the holiday season, and donor and honoree names will be on display in the hospital lobby.

BOILING SPRINGS SAVINGS BANK COMMUNITY ALLIANCE PROGRAM
The Chilton Auxiliary is proud to have joined this program, which rewards nonprofit organizations when their members or supporters bank at Boiling Springs.

For information, contact the Auxiliary office at 973-831-5345.
PREREGISTRATION IS REQUIRED FOR ALL PROGRAMS.
Please return entire page.

1. Tear out and complete this registration form. Check box for class(es) desired.
2. Make your check payable to Atlantic Health System.
   Mail the completed form along with your check to:
   NEW VITALITY
   Chilton Medical Center
   97 West Parkway
   Pompton Plains, NJ 07444
   (You will not receive a confirmation notice — be sure to mark your calendar accordingly.)

Name(s)

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Address                         City/State/ZIP

Daytime Phone                   Cellphone

Email Address                   Total Enclosed $

RELEASE OF RESPONSIBILITY FOR PARTICIPATION IN CHILTON MEDICAL CENTER’S EXERCISE PROGRAMS

I, ___________________________, hereby consent to become a participant in the New Vitality class offered by Chilton Medical Center. I understand that this program is centered on exercise and health.

As with any exercise, there is a slight possibility of injury and I understand that if I am concerned about the appropriateness of these exercises I will inform the instructor, consult my physician and follow his/her instructions.

I recognize that there is a possibility that I may incur some injury or develop or aggravate some medical problem as a result of my participation in the session[s] and I wish to assume the risk. Accordingly, I agree that I will not hold New Vitality, or Chilton Medical Center, or Atlantic Health System or the instructor liable or seek any legal recourse of any kind for any injury or aggravation of a pre-existing condition resulting from my participation in this program.

I have read this Consent and Waiver carefully, I understand it, and I have signed it with the understanding that it is legally binding upon me.

Witness

Signature of Participant  Date

5. $5 program fees are non-refundable. If you are unable to attend any of our $5 classes, please be sure to call us prior to the date of the program and we will issue you a voucher to be used toward any future $5 class during the current year.
Please refer to calendar for class dates, times and locations, and make sure to complete both sides of this registration form.

### AQUACISE, LEVEL 1
- Mondays
- **AND/OR** Wednesdays
- **FEE:** $60 per session

### AQUACISE, LEVEL 2
- **FEE:** $60

### ARTHRITIS FOUNDATION AQUATICS PROGRAM
- **FEE:** $40

### ARTHRITIS FOUNDATION EXERCISE PROGRAM
- **FEE:** $40

### BETTER BONES
- Intermediate
- Tuesdays
- **AND/OR** Thursdays
- **FEE:** $60 per session

### CORE DYNAMIX
- **FEE:** $50

### HATHA YOGA
- **FEE:** $96

### HULA HOOP WAKE UP
- **FEE:** $96

### MUSCLES IN MOTION (Chilton)
- **FEE:** $45

### MUSCLES IN MOTION (Wayne)
- **FEE:** $60

### THE POWER HOUR
- **FEE:** $72

### QIGONG — Afternoon
- **FEE:** $50

### QIGONG — Evening
- **FEE:** $72

### TAI CHI CHIH® JOY THRU MOVEMENT — Beginner
- **FEE:** $50

### TAI CHI CHIH — Intermediate
- 10:45am OR (check one)
- 11:45am
- **FEE:** $50

### YOGA — Beginner
- **FEE:** $50

### YOGA — Intermediate
- **FEE:** $50

### ZUMBA® GOLD (Wayne)
- **FEE:** $50

### ZUMBA® GOLD (Chilton)
- **FEE:** $50

### ZUMBA
- **FEE:** $80

### Advance Directives AND POLST
- **FREE**

### CALLING ALL NEW GRANDPARENTS
- **FREE**

### CHOCOLATE: GOOD FOR THE MIND, BODY AND SPIRIT
- **FEE:** $5

### DECADE SERIES: THE 1940S
- **FEE:** $5

### EAT WELL ... BE HAPPY
- October 15
- October 29
- November 12
- December 3
- December 10
- **FREE**

### FRANKLIN D. ROOSEVELT: AN ARSENAL FOR DEMOCRACY
- **FREE**

### GUILTLESS GOODIES FOR THE HOLIDAYS
- **FEE:** $5

### THE HEALTHY BENEFITS OF BEANS AND LEGUMES
- **FEE:** $5

### IS YOUR HOUSE IN ORDER?
- **FREE**

### MANAGING YOUR DIABETES: 2014 UPDATE
- **FREE**

### MUSCLES IN MOTION (Chilton)
- **FEE:** $45

### MUSCLES IN MOTION (Wayne)
- **FEE:** $60

### STROKE SCREENING
- Call 973-831-5475 for your appointment.
- **FEE:** $25

### TAO CHIH® JOY THROUGH MOVEMENT — Beginner
- **FEE:** $50
- 10:45am OR (check one)
- 11:45am

### TAO CHIH — Intermediate
- **FEE:** $50

### THE HEALTHY BENEFITS OF BEANS AND LEGUMES
- **FEE:** $5

### WELCOME TO THE NEW NEW VITALITY
- **FREE**

### WHEN DO I NEED A BREAST SURGEON?
- **FREE**

### WOMEN’S HEALTH UPDATE AND SCREENING
- Call 973-831-5475 for your appointment.
- **FREE**

### WONDERING IF IT’S PERIMENOPAUSE?
- **FREE**

### YOUR BREAST HEALTH — FROM DIAGNOSIS TO SURGERY
- **FREE**

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Classes are held in various locations. For directions or information about any of these classes, call 973-831-5367.

**IN CASE OF SEVERE INCLEMENT WEATHER, IT IS THE RESPONSIBILITY OF THE REGISTRANT TO CALL 973-831-5367 FOR ARecorded Message indicating CANCELLATION OF CLASS/PROGRAM.**
Please support these participating businesses during the month of October.

*These local establishments have generously donated to Chilton Medical Center to benefit The Breast Center.*

**PLATINUM SPONSOR**

**Pizza One**
Haskell • 973-835-1600

**GOLD SPONSOR**

**Pompton Queen Diner**
Pompton Plains • 973-835-2086

**PINK SPONSORS**

- **Ameti’s Gourmet Pizza**
  Pequannock • 973-696-4900
- **Amore Cucina**
  Wayne • 973-595-7717
- **Gary’s Wine & Marketplace**
  Wayne • 973-633-3900
- **Good Food Café**
  Chilton Medical Center
- **Grasshopper Too Bar & Restaurant**
  Wayne • 973-696-9698
- **High SocieTea House**
  Wayne • 973-696-8327
- **Hunziker, Jones & Sweeney, PA**
  Wayne • 973-256-0456
- **The Image Gallery**
  Wayne • 973-872-9099
- **Laurie’s Candies**
  Wayne • 973-696-7255
- **Monica’s Italian Restaurant**
  Pompton Lakes • 973-616-5457
- **My Mommy’s Kitchen**
  Butler • 973-291-6686
- **Novelli Restaurant**
  Wayne • 973-835-3585
- **Positano Restaurant & Pizzeria**
  Wayne • 973-628-6863
- **Rosemary and Sage**
  Riverdale • 973-616-0606
- **Spuntino Wine Bar & Italian Tapas**
  Clifton • 973-661-2435
- **Sunset Pub & Grill**
  Lincoln Park • 973-694-8700

For more information call the Foundation at 973-831-5165 or Community Outreach at 973-831-5367
Atlantic Health System Main Locations

1 Morristown Medical Center
   (includes Carol G. Simon Cancer Center and
   Gagnon Cardiovascular Institute)
   100 Madison Ave., Morristown, NJ 07960

2 Outpatient Medicine
   435 South St., Morristown, NJ 07960

3 Atlantic Sports Health
   11 Madison Ave., Morristown, NJ 07960

4 Atlantic Rehabilitation
   95 Mount Kemble Ave., Morristown, NJ 07960

5 Goryeb Children’s Hospital
   100 Madison Ave., Morristown, NJ 07960

6 Overlook Medical Center
   (includes Atlantic Neuroscience Institute,
   Carol G. Simon Cancer Center and Goryeb
   Children’s Center)
   99 Beauvoir Ave., Summit, NJ 07901

7 Overlook, Union Campus
   (includes Emergency Services, Overlook Imaging
   and Outpatient Laboratory Services)
   1000 Galloping Hill Road, Union, NJ 07083

8 Overlook Downtown
   (includes Center for Well Being — Atlantic
   Integrative Medicine and Overlook Medical Center
   Community Health)
   357 Springfield Ave., Summit, NJ 07901

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

10 Vernon Health & Wellness/Urgent Care
   123 Route 94, Vernon, NJ 07462

11 Milford Health & Wellness/Urgent Care
   111 E. Catharine St., Milford, PA 18337

12 Sparta Health & Wellness
   89 Sparta Ave., Sparta, NJ 07871

13 Urgent Care at Hackettstown
   57 Route 46, Suite 100, Hackettstown, NJ 07840

14 Center for Well Being
   435 South St., Morristown, NJ 07960
   100 Madison Ave., Morristown, NJ 07960
   357 Springfield Ave., Summit, NJ 07901

15 Chilton Medical Center
   97 W. Parkway, Pompton Plains, NJ 07444

16 Medical Institute of New Jersey
   11 Saddle Road, Cedar Knolls, NJ 07927

17 Chilton Ambulatory Care Center
   1900 Union Valley Road, Hewitt, NJ 07421
   (includes Chilton Imaging and Outpatient
   Laboratory Services)

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

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