well aware

A Medical Breakthrough for Heart Valve Patients

What About Screenings?
Welcome to our summer edition of Well Aware. We’ve filled this issue with valuable information and stories just for you. Whether you’re reading this at home, on the beach or at the lake, I hope you’re taking advantage of all that summer has to offer.

In this issue, you’ll meet Robert Regent, a patient who successfully underwent a lifesaving alternative to open-heart surgery, thanks to the collaboration between Chilton and Morristown medical centers.

You’ll also learn how to create a personalized schedule of health screenings. Jerome Levine, MD, chief medical officer at Chilton, recommends ways that you and your doctor can work together to decide what screenings are right for you.

Also, Chilton Medical Center is working with the NJ Sharing Network to highlight the importance of registering to donate organs and tissue for those on transplant waiting lists. We all have an opportunity to serve the people in our community and beyond. For our patients and their families, it is an honor to be part of this very personal and emotional decision-making process.

Enjoy these beautiful summer days! Wherever your summer travels take you, our Chilton Medical Center team is so proud to be able to care for you and your loved ones right here in the community we all call home.

In good health,

Stephanie Schwartz
President, Chilton Medical Center

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In good health,

Stephanie Schwartz
President, Chilton Medical Center
Atlantic Health System’s Hospitals
LEAD THE WAY IN HEALTH CARE EQUALITY

Chilton Medical Center, Morristown Medical Center, Goryeb Children’s Hospital, Overlook Medical Center and Newton Medical Center, all part of Atlantic Health System, have been recognized as “Leaders in LGBTQ Healthcare Equality,” by the Human Rights Campaign (HRC) Foundation, the educational arm of the country’s largest lesbian, gay, bisexual, transgender and queer (LGBTQ) civil rights organization.

The findings were part of HRC Foundation’s Healthcare Equality Index 2017, a unique annual survey that encourages equal care for LGBTQ Americans, and recognizes health care institutions doing the best work. Their HEI evaluates health care facilities’ policies and practices related to the equality and inclusion of their LGBTQ patients, visitors and employees.

Atlantic Health System, for the ninth year in a row, is honored to be one of the Fortune 100 Best Companies to Work For, according to global research and consulting firm Great Place to Work and Fortune magazine.

CASTLE CONNOLLY Recognizes Chilton Medical Center

For the second straight year, renowned health care research and information company Castle Connolly Medical Ltd. has ranked Chilton Medical Center as the No.1 hospital in New Jersey (350 beds or fewer). Among hospitals with fewer than 350 beds, Chilton Medical Center has also been named a top hospital for hip and knee repairs, neurological disorders, pain management, breast cancer, prostate cancer, congestive heart failure, stroke and high-risk pregnancies.

These rankings were published in Inside Jersey magazine’s April 2017 issue.

SHARE THE GIFT OF LIFE
Did you know that 22 people die each day while waiting for an organ to become available? One organ donor can save up to eight lives, and no one is too old to be an organ donor. Sign up at njsharingnetwork.org to become an organ, eye or tissue donor for the more than 4,000 New Jersey residents waiting for a lifesaving transplant.
a medical breakthrough for heart valve patients

POMPTON PLAINS RESIDENT RECEIVES LIFESAVING ALTERNATIVE TO OPEN-HEART SURGERY
Robert Regent, 84, of Cedar Crest Village in Pompton Plains, has battled heart disease for the past 16 years, but it has not stopped him from living life to the fullest. In fact, he survived open-heart surgery and several angioplasties before cruising to Hawaii in January of 2015, when shortness of breath and other concerning symptoms landed him in a Honolulu hospital.

“I was supposed to meet my friends for dinner, but couldn’t walk too far and didn’t feel right. So I went to the medical facility ... and they carted me off the ship,” he recalls. Instead of enjoying the rest of his vacation, Regent received another stent followed by a confirmed diagnosis of prosthetic valve stenosis, a narrowing or obstruction that develops in a replaced heart valve.

Days later, Regent was back home and under the care of Chilton Medical Center cardiologists Mark Rosenthal, MD, and Lawrence Blitz, MD, medical director of the hospital’s Cardiovascular Interventional Lab. The physicians monitored his condition and ultimately recommended transcatheter aortic valve replacement (TAVR), a breakthrough technique offering new hope to patients who might otherwise forgo treatment.

**Understanding Valve Disease**
Aortic stenosis is the most common form of acquired valvular heart disease. Historically, cardiac specialists have treated it with surgical aortic valve replacement (SAVR), during which they surgically remove a damaged valve and replace it with a mechanical or tissue valve.

“A tissue replacement doesn’t last forever,” says Dr. Blitz. “The valve lasts about 10 to 15 years before it degenerates and either becomes stenotic or narrowed or insufficient or leaky.” That was precisely the case for Regent, who underwent a surgical aortic valve replacement in 2001.

Prosthetic valve stenosis is physiologically the same as the more common heart valve disease called aortic stenosis, which is also degenerative and treatable with SAVR or the TAVR procedure. Both conditions result from an accumulation of calcium or scarring in the heart’s aortic valve. TAVR has revolutionized the way physicians treat severe aortic disease – providing a minimally invasive alternative that can replace a faulty valve without surgical intervention.

**A New Approach to Valve Replacement**
Chilton Medical Center physicians can now offer heart patients access to TAVR in collaboration with cardiac surgeons at Morristown Medical Center, the first hospital in New Jersey to introduce this innovation for severe aortic stenosis. Since both hospitals are part of Atlantic Health System, patients like Regent have ready access to one of the country’s top 50 cardiology and heart surgery programs, as ranked by U.S. News & World Report, and a hospital that treats more patients with heart valve disease than any other health care provider in the state.

Unlike conventional surgery, TAVR is performed in less than an hour. Patients are usually out of bed the next day and back to their normal routines within a couple of weeks.

For patients like Robert Regent, who’ve undergone both types of valve replacement, the experiences are like night and day. Today, Regent is balancing a full social calendar – playing horseshoes, bocce ball and Ping-Pong. Most of all, he looks forward to getting back on the golf course this spring.

To learn more about TAVR, visit [atlantichealth.org/valve](http://atlantichealth.org/valve) or call 1-888-4AH-Docs.

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**NEW VITALITY SUMMER 2017**

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**INTEGRATED WELLNESS**

**ARTHITIS AQUATICS PROGRAM (Joint-Friendly)**
Exercise without putting excess strain on your joints. Bring a lock, towel and swim cap to the class. Class is limited to 20 participants
- **TIME:** Noon to 12:45pm
- **DATE:** Thursdays, June 29 to August 17
- **PLACE:** New York Sports Club, 1481 Route 23 South, Butler
- **FEE:** $48 for all eight weeks

**ARTHITIS EXERCISE PROGRAM (Joint-Friendly)**
Gentle activities help increase joint flexibility and maintain range of motion. Class size is limited – register early.
- **TIME:** 1:30 to 2:15pm
- **DATE:** Mondays, July 10 to August 28
- **PLACE:** Atlantic Health Pavilion, 242 West Parkway, Pompton Plains
- **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, July 18 to September 19
- **PLACE:** Atlantic Health Pavilion, 242 West Parkway, Pompton Plains
- **FEE:** $80 for all 10 weeks

**MEDITATION FOR MINDFUL WELL-BEING**
The art of meditation is to center the mind toward one focus. Come experience various mindful contemplative exercises to discover what a sense of well-being means to you.
- **TIME:** 6:30 to 7:30pm
- **DATE:** Mondays, July 24 to September 25 (no class August 7 and September 4)
- **PLACE:** Atlantic Health Pavilion, 242 West Parkway, Pompton Plains
- **FEE:** $64 for all eight weeks

**T’AI CHI CHIH® – BEGINNER (Joint-Friendly)**
A series of simple, non-martial movements that anyone can do.
- **TIME:** 9:45 to 10:30am
- **DATE:** Thursdays, July 6 to August 24
- **PLACE:** Atlantic Health Pavilion, 242 West Parkway, Pompton Plains
- **FEE:** $40 for all eight weeks

**T’AI 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
- **DATE:** Thursdays, July 6 to August 24
- **PLACE:** Atlantic Health Pavilion, 242 West Parkway, Pompton Plains
- **FEE:** $40 for all eight weeks

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**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.

**FREE SLEEP HEALTH SCREENINGS**
Visit chiltonhealth.org.

**PULMONARY REHABILITATION PROGRAM**
This nine-week program is for people with various lung conditions. For information, call 973-831-5427.

**SMOKING CESSATION PROGRAM**
This FREE six-week program meets on Tuesdays, from 6:30 to 7:30pm. For information, call 973-831-5427.

**DIABETES SELF-MANAGEMENT EDUCATION PROGRAM**
For information or to schedule an appointment, call 973-831-5216.

**USING YOUR MIND-BODY CONNECTION**
In this class, you will use the incredible power of your mind-body connection with simple, fun and dynamic methods. Qigong, acupressure, visualization techniques, creativity, meditation, breathing exercises, posture and innovative mind-body exercises will be explored.
**EXERCISE**

**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, July 10 to August 28  
**PLACE:** New York Sports Club, 1481 Route 23 South, Butler  
**FEE:** $48 for each eight-week session

**AQUACISE, LEVEL 2 (Joint-Friendly)**
Stretching and cardiovascular conditioning. Bring a lock, towel and swim cap.

**TIME:** 1:00 to 1:45pm  
**DATE:** Wednesdays, July 12 to August 30  
**PLACE:** New York Sports Club, 1481 Route 23 South, Butler  
**FEE:** $48 for each eight-week session

**BETTER BONES – INTERMEDIATE**
For individuals who have already completed at least two sessions of Muscles in Motion. Bring 1-, 2- or 3-pound handheld weights.

**TIME:** 10:15 to 11:15am  
**DATE:** Tuesdays, July 25 to September 12  
**PLACE:** Atlantic Health Pavilion, 242 West Parkway, Pompton Plains  
**FEE:** $40 for all eight 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, July 25 to September 12  
**PLACE:** Atlantic Health Pavilion, 242 West Parkway, Pompton Plains  
**FEE:** $40 for all eight weeks

**LITE & FIT**
Light strength training, some chair exercises and no floor work. Bring a light set of handheld weights to the first class.

**TIME:** 2:00 to 3:00pm  
**DATE:** Tuesdays, August 1 to October 3 (no class August 8, September 12)  
**PLACE:** Atlantic Health Pavilion, 242 West Parkway, Pompton Plains  
**FEE:** $40 for each eight-week session

**DANCING THROUGH THE DECADES**
Each class will focus on giving you a good workout by learning a different style of dance. Join us on this fun, cardio dance journey through time.

**TIME:** 5:30 to 6:15 pm  
**DATE:** Tuesdays, August 1 to September 26 (no class September 12)  
**PLACE:** Atlantic Health Pavilion, 242 West Parkway, Pompton Plains  
**FEE:** $40 for all eight weeks

**MUSCLES IN MOTION – TWO LOCATIONS**
Use your muscles to increase your core strength, overall muscle tone and improve your balance. Bring a mat and handheld weights.

**TIME:** 4:30 to 5:30pm  
**DATE:** Mondays, July 31 to October 2 (no class August 7, September 4 and 11)  
**PLACE:** Atlantic Health Pavilion, 242 West Parkway, Pompton Plains  
**FEE:** $35 for all seven weeks

**TIME:** 11:30am to 12:30pm  
**DATE:** Thursdays, July 20 to September 7  
**PLACE:** Wayne Presbyterian Church, 1200 Alps Road, Wayne  
**FEE:** $48 for all eight weeks
THE POWER HOUR
Promotes muscular endurance, balance and bone strengthening. Bring a set of handheld weights and a mat.
TIME: 5:30 to 6:30pm
DATE: Wednesdays, August 2 to October 4 (no class August 9, September 13 and 20)
PLACE: Atlantic Health Pavilion, 242 West Parkway, Pompton Plains
FEE: $56 for all seven weeks

ZUMBA® GOLD
Dance into shape to international rhythms. Body, mind and soul workout.
TIME: 1:00 to 1:45pm
DATE: Mondays, July 17 to September 11 (no class September 4)
AND/OR
TIME: 10:00 to 10:45am
DATE: Wednesdays, July 19 to September 13 (no class September 6)
AND/OR
TIME: 10:00 to 10:45am
DATE: Fridays, July 21 to September 15 (no class September 8)
PLACE: Wayne Presbyterian Church, 1200 Alps Road, Wayne
FEE: $48 for each eight-week session

ZUMBA® GOLD AT POMPTON PLAINS
TIME: 1:00 to 1:45pm
DATE: Thursdays, July 20 to September 14 (no class September 7)
PLACE: Atlantic Health Pavilion, 242 West Parkway, Pompton Plains
FEE: $40 for all eight weeks

ZUMBA® TONING
This class blends body-sculpting techniques and Zumba moves into one calorie-burning, strength-training class. Bring a set of light handheld weights.
TIME: 7:00 to 8:00pm
DATE: Wednesdays, July 12 to September 27 (no class July 26 and September 20)
PLACE: Atlantic Health Pavilion, 242 West Parkway, Pompton Plains
FEE: $80 for all 10 weeks

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.

- POMPTON LAKES 973-835-0143, ext. 225, pomptonlakesgov.com
- RINGWOOD 973-962-7079 ringwoodnj.net
- WANAQUE 973-839-3000, ext. 7122 or 7124, wanaqueborough.com
- WAYNE 973-694-1800, ext. 3241, waynetownship.com
- WEST MILFORD 973-728-2725 westmilford.org

Support Groups

Alzheimer’s Disease Caregivers Support Group: 7:00 to 8:30pm every second Wednesday of the month from September to June – First Reformed Church of Pompton Plains, 529 Newark Pompton Turnpike, Pompton Plains. For information, call 973-831-5367.

Arthritis Support Group: 10:30 to 11:30am the fourth Tuesday of the month from March to December – 242 West Parkway, Pompton Plains. 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.

Cancer Support Group: For men and women who are newly diagnosed, in treatment and up to two years post treatment. 1:30 to 3:00pm the second Tuesday of the month – Chilton Medical Center, Collins Pavilion Cancer Center Conference Room. For information, call 973-831-5311.

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 973-831-5367.

Stroke Support Group: Noon to 1:00pm the second Monday of the month – Chilton Medical Center, Cafeteria Conference Room. For information, call 973-831-5385 or email fiona.ahern@atlantichealth.org.

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.
**HEALTH**

**THE FACTS ABOUT CATARACTS**
Cataracts are the most common cause of vision loss in people over age 40. Join us and learn about causes, symptoms, diagnosis and the most current methods of treatment. Lakeland Health Care Center will provide a light, healthy breakfast.

**PRESENTER:** Eric Shnayder, MD  
**TIME:** 10:00am  
**DATE:** Wednesday, August 23  
**PLACE:** Chilton Medical Center, Collins Pavilion  
**FREE**

**MANAGE YOUR MENTAL HEALTH**
If feelings of stress, anxiety or depression seem to be affecting you, you’re not alone. Symptoms of stress, anxiety or depression may seem overwhelming at times, and it may seem difficult to cope with your feelings. Join us to learn how to better manage your feelings.

**PRESENTER:** Allison Genberg, LCSW  
**TIME:** 7:00pm  
**DATE:** Tuesday, September 12  
**PLACE:** Chilton Medical Center, Collins Pavilion  
**FREE**

**HEALTHY AGING: TIPS FOR YOUR BODY AND BRAIN**
Over the past several decades, researchers have explored how lifestyle factors may affect our physical and cognitive health. Diet, exercise, stress, sleep problems and other factors may influence age-related physical and cognitive decline. Learn about the latest research on lifestyle changes and how to incorporate healthy habits into your daily routine. Sunrise Senior Living will provide light refreshments.

**PRESENTER:** Shelley Steiner, LSW, Alzheimer’s New Jersey  
**TIME:** 2:00pm  
**DATE:** Wednesday, September 13  
**PLACE:** Chilton Medical Center, Collins Pavilion  
**FREE**

**CHOLESTEROL: THE GOOD, THE BAD AND THE ESSENTIAL**
Learn all about cholesterol, its function in the body, what the numbers mean and the risk factors of high cholesterol in cardiovascular health. CareOne at Wayne will provide a healthy breakfast.

**PRESENTER:** Ravi Rathi, MD, FACC  
**TIME:** 10:00am  
**DATE:** Tuesday, September 19  
**PLACE:** Chilton Medical Center, Collins Pavilion  
**FREE**

**STROKE: ACT F.A.S.T.**
A stroke is a medical emergency; learn the risk factors and how to identify the signs and symptoms associated with a stroke. Know what to do in the event you or a loved one has a stroke, and how to act F.A.S.T. Llanfair House Care & Rehabilitation Center will provide healthy refreshments.

**PRESENTER:** Fiona Ahern, Coordinator – Special Projects, Stroke Program  
**TIME:** 10:00am  
**DATE:** Friday, October 13  
**PLACE:** Chilton Medical Center, Collins Pavilion  
**FREE**

**WAYNE TOWNSHIP’S 39TH ANNUAL HEALTH FAIR**
For more information, call 973-694-1800, ext. 3242, or visit waynetownship.com.

**TIME:** 8:30 to 11:00am  
**DATE:** Saturday, October 21  
**PLACE:** Wayne Valley High School, 551 Valley Road, Wayne  

**FREE MALL WALKER PROGRAM**
Participants may walk from:

**TIME/DATE:** 7:00 to 10:00am, Monday through Saturday; 9:00 to 11:00am on Sundays  
**PLACE:** Willowbrook Mall, Wayne

Call 973-831-5367 to register to receive your ID badge, which you will need prior to walking in the mall.
**Nutrition**

**Nutrition for Digestive Health**
Sometimes it may seem like your stomach did not agree with the food you decided to eat. Let a registered dietitian teach you how to make the right choices to ease your symptoms, ensure you’re getting the right amount of fiber and improve your digestive health.

**Presenter:** Heather Shasa, MS, RD, ShopRite of Little Falls

**Time:** 7:00pm
**Date:** Tuesday, July 25
**Place:** Chilton Medical Center, Collins Pavilion
**Fee:** $5

**Cool Meals for Hot Weather**
Turn off the oven and join us as we learn to create healthier summer meals. Beat the heat and cool down with these delicious and nutritious foods. Enjoy. Recipes and tasting will be included.

**Presenter:** Danielle Colombo, RD,

**Time:** 7:00pm
**Date:** Tuesday, July 25
**Place:** Chilton Medical Center, Collins Pavilion
**Fee:** $5

**Walk with a Doc**
Our brand-new Walk With a Doc program is striding along, and you do not want to miss it. Chilton Medical Center is bringing this nationally recognized program to our local community. On the third Wednesday of each month, participants will hear a short presentation on a health topic offered by a physician from the Chilton community, and then go for a walk together, with the doctor chatting with them and answering questions along the way. Participants will earn an entry to win raffle prizes at each walk. The program is open to all levels and abilities, and a parent/guardian must accompany participants under age 18. Funded in part by a grant from Coverys Community Healthcare Foundation. Preregistration is recommended – call 973-831-5475.

**Time:** 9:00am
**Date:** Wednesdays, July 19, August 16 and September 20
**Place:** Willowbrook Mall, Wayne (meet in the food court – use the entrance between Blaze Pizza and Ruby Tuesday)
**Fee:** FREE

**Build a Better Barbecue**
The summer is the time to be outside grilling and enjoying some healthy barbecue meals. Join us to learn how to lighten up your barbeque and make healthier side dishes you can enjoy this summer. Recipes and samples included.

**Presenter:** Natalie Nachef, MS, RD, ShopRite of Wayne

**Time:** 7:00pm
**Date:** Wednesday, August 2
**Place:** Chilton Medical Center, Collins Pavilion
**Fee:** $5

**New Vitality Summer 2017**
Preregistration required for all programs.
SUMMER FLAVORS AND STORIES FROM THE JERSEY SHORE
Join us for this culinary trip from Keyport to Cape May, led by Jersey Shore native and author Deborah Smith. The warm sand and salt air, the boardwalk ... the food. The Jersey Shore Cookbook (Quirkbooks 2016) can give you a taste of summer all year long, with 50 recipes contributed by well-loved shore town restaurants, bakeries and markets, along with local insider information on the eateries. From fresh oysters, scallops and tilefish to Garden State tomatoes, corn and blueberries, the perfect New Jersey ingredients shine. Books will be available for purchase at $22.95 (hard copy), and signing by the author. For a sneak peek inside the book, visit jerseyshorecookbook.com.
TIME: 2:00pm
DATE: Wednesday, July 12
PLACE: Chilton Medical Center, Collins Pavilion
FEE: $5

SAN FRANCISCO BAY: BRIDGES, LIGHTHOUSES AND HISTORY
This program, NEW for 2017 is a colorful tour of the historic San Francisco Bay area. Illustrated with original photography and vintage images, some of the highlights include: the Bay’s iconic bridges and lighthouses, Alcatraz, Muir Woods, the waterfront Maritime National Historic Park and Oakland’s Jack London Square to name a few.

PRESNTER: Kevin Woyce
TIME: 10:00am
DATE: Friday, August 11
PLACE: Chilton Medical Center, Collins Pavilion
FEE: $5

FOUR AMERICAN ICONS
“Babe” Ruth, John Wayne, Johnny Carson and Mickey Mantle ... you may wonder what these men had in common aside from their fame. Hear their incomparable life stories, their magnificent accomplishments and their personal tragedies. They all enriched America with their brilliance, and we will remember them always.
PRESNTER: Dr. James P. Kane
TIME: 10:00am
DATE: Friday, September 8
PLACE: Chilton Medical Center, Collins Pavilion
FEE: $5
FOUNdATION EVENTS

NEW VITALITY SUMMER 2017

preregistration required for all programs

DESIGNER HANDBAG BINGO

The Chilton Medical Center Auxiliary invites you to attend a fun girls’ night out with your friends, while playing games to win fabulous prizes. There will be a basket raffle and 50/50, as well as door prizes. For tickets and more information, contact the Auxiliary office at 973-831-5345.

TIME: 6:00pm (doors open to view handbags and gift basket raffle – bingo starts at 7:00pm)
DATE: Saturday, September 16
PLACE: Pompton Lakes Elks Club, 15 Perrin Avenue, Pompton Lakes
FEE: $30 (includes one bingo book, door prize ticket, complimentary coffee, tea and dessert)

LIFE IS A JOURNEY, LAUGH ALL THE WAY

We all need a lot more laughter in our lives, so join us for a fun-filled evening as comedian Jeff Allen entertains us with his hilarious stories and experiences. Wine will be passed during the first half hour and a cash bar is available. Enjoy a full-course dinner, spend time shopping at our boutique tables for your holiday gifts and enjoy a night out for yourself. Register early, as seating is limited. Visit Jeff Allen’s website at jeffallencomedy.com.

PRESENTER: Comedian Jeff Allen
TIME: 5:30pm
DATE: Wednesday, October 11
PLACE: The Brownstone, 351 West Broadway, Paterson
FEE: $46 per person

ANNUAL WOMEN’S EVENT

DESIGNER HANDBAG BINGO

The Chilton Medical Center Auxiliary invites you to attend a fun girls’ night out with your friends, while playing games to win fabulous prizes. There will be a basket raffle and 50/50, as well as door prizes. For tickets and more information, contact the Auxiliary office at 973-831-5345.

TIME: 6:00pm (doors open to view handbags and gift basket raffle – bingo starts at 7:00pm)
DATE: Saturday, September 16
PLACE: Pompton Lakes Elks Club, 15 Perrin Avenue, Pompton Lakes
FEE: $30 (includes one bingo book, door prize ticket, complimentary coffee, tea and dessert)

QUEENS TEA

The Chilton Medical Center Auxiliary is presenting a “Queen’s Tea.” The menu includes choice of tea, quiche with soup or salad, scones, lemon curd and clotted cream, assorted savories, delectable sweets and plated dessert. Proceeds from this event will benefit The Breast Center at Chilton Medical Center. There will be two seatings on each date. For reservation information, contact the Auxiliary office at 973-831-5345.

TIME: Noon and 6:00pm
DATE: Thursdays, October 5 and 12
PLACE: High SocieTea House, 20 Old Newark Pompton Turnpike, Wayne
FEE: $40
Name(s)

Address(es) 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
AQUACISE, LEVEL 1 (Joint-Friendly)
- Mondays AND/OR Wednesdays
- FEE: $48 per session

AQUACISE, LEVEL 2 (Joint-Friendly)
- FEE: $48

ARTHITIS AQUATICS PROGRAM (Joint-Friendly)
- FEE: $48

ARTHITIS EXERCISE PROGRAM (Joint-Friendly)
- FEE: $40

BETTER BONES – INTERMEDIATE
- Tuesdays AND/OR Thursdays
- FEE: $48 per session

CORE DYNAMIX
- FEE: $40

DANCING THROUGH THE DECADES
- FEE: $64

HATHA YOGA
- FEE: $80

LITE & FIT
- Tuesdays AND/OR Thursdays
- FEE: $40 per session

MEDITATION FOR MINDFUL WELL-BEING
- FEE: $64

MUSCLES IN MOTION (Pompton Plains)
- FEE: $35

MUSCLES IN MOTION (Wayne)
- FEE: $48

THE POWER HOUR
- FEE: $56

TAI CHI CHIH® – BEGINNER (Joint-Friendly)
- FEE: $40

TAI CHI CHIH® – INTERMEDIATE (Joint-Friendly)
- FEE: $40

USING YOUR MIND-BODY CONNECTION
- FEE: $40

YOGA – BEGINNER
- FEE: $40

YOGA – INTERMEDIATE
- FEE: $40

ZUMBA® GOLD (Pompton Plains)
- FEE: $40

ZUMBA® GOLD (Wayne)
- Mondays AND/OR Wednesdays AND/OR Fridays
- FEE: $48 per session

ZUMBA TONING (Pompton Plains)
- FEE: $80

BUILD A BETTER BARBEQUE
- FEE: $5

CHOLESTEROL: THE GOOD, THE BAD AND THE ESSENTIAL
FREE

COOL MEALS FOR HOT WEATHER
- FEE: $5

THE FACTS ABOUT CATARACTS
FREE

FOUR AMERICAN ICONS
- FEE: $5

HEALTHY AGING: TIPS FOR YOUR BODY AND BRAIN
FREE

LIFE IS A JOURNEY, LAUGH ALL THE WAY
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IN CASE OF SEVERE INCLEMENT WEATHER, IT IS THE RESPONSIBILITY OF THE REGISTRANT TO CALL 973-831-5367 FOR A RECORDED MESSAGE INDICATING CANCELLATION OF CLASS/PROGRAM.
You hear the message often: Early screenings save lives. But which health screenings, and when?

“Knowing which ones you need can be confusing,” says Scott Lauter, MD, chief medical officer for Atlantic Medical Group. “Different medical organizations may have different guidelines for when to begin them, and how often to get them. And the guidelines may change over time. But don’t let confusion be an excuse not to get health screenings.”

“In general, the purpose of health screenings are to look for diseases before you have symptoms and theoretically when they are easier to treat,” says Jerry Levine, MD, chief medical officer for Chilton Medical Center. This can help you avoid long-term health issues. For example, when a screening finds something like high blood pressure early, you can change your diet, and possibly take medicine before it causes damage inside your body.

“If you simply Google ‘Health Screens,’ you will see an almost bewildering list of various screens recommended for men, women, and everyone – all from a large variety of organizations,” says Dr. Levine. “For the average patient, knowing which ones to get and how to interpret the results is extremely difficult. My recommendation would be to discuss these, and rely on, your primary care physician.”

So at your next doctor’s visit, go prepared with a complete family medical history, personal health history and your questions. “They are the most knowledgeable and guide you through the maze of tests to be your advocate in preventive health,” Dr. Levine says.

For more information, visit atlanticmedicalgroupnj.org.

**Health Screenings to Ask About**

(What your doctor recommends depends on your age, health history and more.)

During your next doctor’s visit, ask about screenings for high blood pressure, diabetes, heart disease prevention and risk, colon cancer and lung cancer (if you are a smoker or former smoker). In addition to asking about these exams, women should ask about mammograms for breast cancer as well as screenings for cervical cancer and bone density.
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
   973-971-5000

2. Outpatient Medicine
   (includes Atlantic Medical Group multispecialty medical care, lab and radiology)
   435 South St., Morristown, NJ 07960
   973-660-3105

3. Atlantic Sports Health
   111 Madison Ave., Morristown, NJ 07960
   973-971-6898

4. Atlantic Rehabilitation
   95 Mount Kemble Ave., Morristown, NJ 07960
   973-971-4481

5. Goryeb Children’s Hospital
   100 Madison Ave., Morristown, NJ 07960
   973-971-5000

6. Overlook Medical Center
   (includes Atlantic Neuroscience Institute, Carol G. Simon Cancer Center and Goryeb Children’s Center)
   99 Beauvoir Ave., Summit, NJ 07901
   908-522-2000

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
   908-598-7997

9. Newton Medical Center
   175 High St., Newton, NJ 07860
   973-383-2121

10. Hackettstown Medical Center
    651 Willow Grove St., Hackettstown, NJ 07840
    908-852-5100

11. Milford Health & Wellness
    Urgent Care
    111 E. Catharine St., Milford, PA 18337
    570-409-8484

12. Sparta Health & Wellness
    89 Sparta Ave., Sparta, NJ 07871
    973-726-4232

13. Chambers Center for Well Being
    435 South St., Morristown, NJ 07960
    973-971-6301

14. Chilton Medical Center
    97 W. Parkway, Pompton Plains, NJ 07444
    973-831-5000

15. Medical Institute of New Jersey
    11 Saddle Road, Cedar Knolls, NJ 07927
    973-267-2122

16. Chilton Ambulatory Care Center
    (includes Chilton Imaging and Outpatient Laboratory Services)
    1900 Union Valley Road, Hewitt, NJ 07421
    1-855-862-2778

17. Morristown Medical Center Health Pavilion
    (includes Atlantic Medical Group multispecialty medical care, walk-in services, lab and radiology)
    333 Mount Hope Ave., Rockaway, NJ 07866
    973-895-4604

18. Atlantic Medical Group
    (includes primary care and orthopedics)
    1055 Hamburg Turnpike, Wayne, NJ 07470

19. Atlantic Rehabilitation
    242 W. Parkway Pompton Plains, NJ 07444
    973-831-0717

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