Do Not Leave Home Without Travel MD®

A Better Future for HPV Patients

Getting Epileptic Seizures Under Control
DEAR FRIENDS,

I hope you have been enjoying the outdoors and celebrating the season.

2017 has brought Atlantic Health System many incredible reasons to celebrate. For the ninth year in a row, we were recognized on Fortune’s 100 Best Companies to Work For® list. Our ranking improved dramatically, from No. 79 to No. 46, showing that our team members feel increasingly appreciated and connected to our mission to build healthier communities.

Atlantic Health System was also New Jersey’s only health care delivery system to earn the Healthgrades® award for top clinical performers. The honor recognized Morristown and Overlook medical centers for superior performance in clinical outcomes for patients in common inpatient conditions and procedures. The Healthgrades award is especially meaningful, as it is a testament to the success of our ongoing quality and safety initiatives, and to the diligence and commitment of our extraordinary caregivers.

In this issue of Well Aware, you will find articles on our groundbreaking work in genetic testing in the cardiac area and clinical trials. We also explore the integration of mental health services at primary care settings, and share the story of one of our remarkable patients who experienced our Trusted Network of Caring® firsthand while receiving home care.

As in previous issues, you’ll find classes, activities and support groups in Morristown, Newton and Hackettstown to help you and your families stay active and involved.

Until next time, stay safe, and of course, enjoy the sunshine and make sure to protect your skin, too.
Atlantic Health System’s Hospitals

LEAD THE WAY IN HEALTH CARE EQUALITY

Morristown, Overlook, Newton and Chilton medical centers and Goryeb Children’s Hospital 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. The Healthcare Equality Index is a benchmarking tool that evaluates health care facilities’ policies and practices related to the equality and inclusion of their LGBTQ patients, visitors and employees.

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CASTLE CONNOLLY Recognizes Atlantic Health System Hospitals

Renowned health care research and information company Castle Connolly Medical Ltd. has ranked Morristown, Chilton, Newton and Hackettstown medical centers among the top hospitals in New Jersey.

Morristown Medical Center ranked as the No.1 top hospital in the treatment of pediatric cancer as well as the No.1 top hospital for highly satisfied patients.

Meanwhile, Hackettstown Medical Center was recognized a top performer in breast cancer, prostate cancer, congestive heart failure and stroke, while Newton Medical Center ranked as a top performer in breast cancer, hip and knee repairs, neurological disorders, prostate cancer, congestive heart failure and high-risk pregnancies.

These rankings were published in Inside Jersey magazine’s April 2017 issue.
Summer is here, and you know what that means: BBQ season. Unfortunately, food poisoning can easily become an unwanted guest at your next outdoor occasion. Keep these tips in mind to ensure maximum food safety and a good time for all:

- **Keep cold food cold and hot food hot.** Cold foods and hot foods can go bad quickly when left out too long. Check that all foods are stored at the correct temperature until they’re ready to be served.

- **Keep things clean.** Use separate dishes and cutlery for raw and cooked foods; cross contamination is a common source of foodborne illness. Always have clean napkins, utensils and plates on hand.

- **Cook thoroughly.** Consider a meat thermometer to determine whether meats and other grilled items have been properly cooked. Each type of meat needs to reach a certain internal temperature to kill any harmful bacteria.

**HONEY GARLIC MARINADE**

**INGREDIENTS**
- 2 tablespoons olive or canola oil
- ¼ cup apple cider or champagne vinegar
- ¼ cup reduced-sodium soy sauce
- ¼ cup honey
- 4 cloves of garlic, minced
- ½ teaspoon hot pepper flakes (optional)

**INSTRUCTIONS**
1. Whisk together and pour into a zip-top gallon bag.
2. Add 1 pound chicken or lean pork.
3. Let sit in the fridge for at least 30 minutes.
4. Drain and grill (boil remaining dressing if you want to use it as a sauce).

**CAROL G. SIMON CANCER CENTER NOW OFFERS Skin Surveillance Program**

Morristown Medical Center and MoleSafe USA are pleased to announce the opening of the Skin Surveillance Program (SSP) at the Carol G. Simon Cancer Center. The opening of MoleSafe’s newest location provides the community with access to a novel type of diagnostic screening for the early detection of skin cancers, including melanoma.

“We recognize the critical importance that preventive care and early detection programs play in the health and well-being of our community,” says Eric Whitman, MD, medical director, Atlantic Health System Cancer Care. “The opening of MoleSafe’s newest location provides the residents of Morristown and surrounding communities access to this novel, high-technology skin diagnostic screening for the early detection of skin cancers – primarily melanoma,” adds Dr. Whitman, who is also director of the Atlantic Melanoma Center at Morristown Medical Center.

Melanoma is cancer that grows in the cells of the skin that produce melanin – the pigment that gives skin its color. Though there is no definitive cause, overexposure to ultraviolet (UV) rays from the sun or tanning beds drastically increases the risk.

Over the past three decades, more people have had skin cancer than all other cancers combined. In fact, it is estimated that 87,110 new cases of invasive melanoma will be diagnosed in the U.S. and 9,730 people will die of melanoma in 2017.

For more information, visit:
- Atlantic Melanoma Center, 100 Madison Ave., Morristown, NJ; 973-971-7111
- MoleSafe.com or call 1-877-MOLESAFE (665-3723).

**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.

**TIPS FOR A SAFER BBQ**

- **Honey Garlic Marinade**
  - INGREDIENTS: 2 tablespoons olive oil, ¼ cup apple cider or champagne vinegar, ¼ cup reduced-sodium soy sauce, ¼ cup honey, 4 cloves minced garlic, ½ teaspoon hot pepper flakes (optional)
  - INSTRUCTIONS: 1. Whisk together and pour into a zip-top gallon bag. 2. Add 1 pound chicken or lean pork. 3. Let sit in the fridge for at least 30 minutes. 4. Drain and grill (boil remaining dressing if you want to use it as a sauce).
For adults – especially men – understanding human papillomavirus (HPV) can mean catching cancer early. And for boys and girls, and their parents, understanding it today can mean avoiding certain types of cancer later in life.

“As surgeons, we want to educate the community about a new HPV epidemic,” says Tom Thomas, MD, MPH, medical director of head and neck reconstructive and transoral (through the mouth) robotic surgery for the Leonard B. Kahn Head and Neck Cancer Institute at Morristown Medical Center. “For a small but growing number of men, HPV is causing head and neck cancers while they are in their 40s.”

Most sexually active people are exposed to HPV early in life. For the vast majority, the body’s immune system attacks it successfully. Over the last decade, however, physicians have seen a rise in head and neck cancer in men caused by a specific strain, HPV 16. Women are also affected, but at a much lower rate. Symptoms are often vague, and might include a lump on the neck, trouble swallowing, and ear or throat pain.

EXPANDED CARE
Surgeons at Atlantic Health System have recently increased services in order to provide the latest tests and treatments for these cancers.

“We have brought on specialists in robotic surgery,” says Erik Cohen, MD, medical director of head and neck surgical oncology and one of Atlantic Health System’s transoral surgeons who specializes in robot-assisted surgery. “We brought on Dr. Thomas to further advance our Transoral Robotic Surgery Program. We now have multiple effective treatment options for HPV-associated head and neck cancer. For many patients, the ability to perform minimally invasive surgery through the mouth, using the da Vinci® Surgical System, decreases the need for traditional open surgery as well as radiation therapy and chemotherapy. This can help minimize the long-term impact on speech and swallowing and return them to normal function even faster.”

For youth, Atlantic Health System physicians offer a word of prevention: “Get the HPV vaccine. It’s the best way to avoid some of the cancers caused by this virus,” Dr. Thomas says.

For more information, visit atlantichealth.org/tors.

ATLANTIC MEDICAL GROUP
Drs. Thomas and Cohen are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroupnj.org.
A lover of horses, Meredith Whaley, of Bedminster, manages Red Tail Farm, a large horse farm. Training was part of every day.

“But because of hip pain, my riding came to a screeching halt last summer,” she says. “I just couldn’t do it anymore.” She opted to have both hips replaced at Atlantic Health System’s Morristown Medical Center, and at the same time.

Having both joints replaced during one surgery can present special challenges during recovery. But Atlantic Health System offered Meredith, 52, another option besides a stay at a rehabilitation facility.

“The focus of our joint replacement program is to help patients get to the activity level and lifestyle they enjoy,” says Robert Goldman, MD, an orthopedic surgeon for Morristown Medical Center. “For about 95 percent of our patients, recovering at home is part of that.”

A FAMILIAR SETTING

Research shows that, even for people who live alone, recovering from joint replacement at home is just as safe and that the results are just as good as recovering at a rehabilitation facility – and costs are significantly lower. For Meredith and others, another great advantage is being in familiar surroundings, with the comforts of home.

“We tailor the care for each of our patients,” says Mary Pradilla, RN, director of Atlantic Home Care. “We provide rehabilitation therapies, review medications and pain control – whatever they need. Patients really love the option of recovering at home.”

So the day after Meredith returned home after surgery, a physical therapist arrived for the first of many regular appointments. “In a short period of time, I went from a walker to two crutches, to one crutch and then to none,” she reports with a smile. “From before surgery to after, my entire team was great.”

Dr. Goldman says, “The goal of joint replacement is to eliminate pain and to improve the quality of life and activity level of our patients.”

And that is the reality for Meredith. Just three months after surgery, she is pain-free and back in the saddle.

For more information, contact Atlantic Home Care’s Orthopedic Program at 973-379-8421.
When traditional treatments do not address patients’ needs for rare or complex health conditions, Atlantic Health System has a team and a process in place to support our physicians in providing the latest, cutting-edge care – right here in New Jersey.

“We have gained a national reputation for our involvement in clinical trials,” says Kurt Jaeckle, MD, research medical director for Atlantic Health System. “This allows the health system to attract some of the world’s top researchers and allows physicians here to offer our patients the most advanced and newest treatments.”

Atlantic Health System physicians and researchers are involved in over 300 clinical trials, ranging from cancer care to Parkinson’s disease, heart conditions and care for children. As part of an ongoing clinical trial, Atlantic Health System has implanted two of the first 10 transcatheter (non-surgical) mitral valve replacements in the world that previously could have only been done by surgery.

“Because of research like this, we are sometimes able to offer our patients options that they wouldn’t have available otherwise,” says Mario Carranza, administrative director of research for Atlantic Health System. “This is an essential part of our commitment to patients, and it helps us drive innovation throughout our organization.”

Clinical trials are a type of medical research in which different prevention methods, treatments, procedures and medical devices are studied. Some test how safe they are for certain patients or conditions, some test how effective they are, and others compare new options to current standards. Atlantic Health System’s experts evaluate the risks and benefits of a study for a specific patient, and offer guidance to help patients decide if they want to be involved.

Patients who volunteer for these trials and members of their medical team have the opportunity to change the lives of many others.

“Our patients are at the center of all of this, and that’s our focus,” Carranza says. “But it’s exciting to know that what we do here can also improve care across the nation and world.”

For more information, visit research.atlantichealth.org.
Depression or anxiety can strike anyone, but millions of people with mental illness never get treatment. And the statistics for those suffering from alcohol and substance misuse are especially dire: Up to 90 percent of individuals are not receiving treatment for their substance misuse, according to a 2016 report by former Surgeon General Vivek Murthy, MD.

According to Thomas Zaubler, MD, chairman, Department of Psychiatry, Morristown Medical Center, barriers to care include stigmas associated with mental illness or substance misuse, a lack of psychiatrists and mental health professionals, and access to affordable care. But a program at Atlantic Health System aims to fill the gap in outpatient psychiatric care by integrating mental health and substance misuse screening and treatment into the primary care setting.
“Eighty percent of antidepressant prescriptions are written by primary care doctors because there are simply not enough mental health professionals to treat psychiatric illnesses,” says Dr. Zaubler. “In our program, each patient is screened for depression, anxiety and other psychiatric issues. A supervising psychiatrist reviews and makes recommendations for patients who need medication, and the primary care doctor does the prescribing.”

AN INTEGRATED CARE MODEL
Dr. Zaubler says a full-time master’s prepared clinician provides psychotherapy services as well as care coordination for those patients also being treated for a medical condition such as diabetes or heart disease. “They track patients to make sure that their depression or anxiety is getting better so no one falls through the cracks.”

Physicians also screen patients for alcohol and substance misuse, and those needing treatment meet with a clinician. If patients need a higher level of care, they are referred to an Atlantic Health System outpatient treatment program or a rehab facility.

“Eighty percent of antidepressant prescriptions are written by primary care doctors because there are simply not enough mental health professionals to treat psychiatric illnesses.”
–Thomas Zaubler, MD

This collaborative care model is being integrated into a pediatric primary care site and is expected to expand to additional adult primary care practices over the next several years. Dr. Zaubler says patients like having the service integrated with their primary care treatment.

“Patients are thrilled and the doctors love it, so the feedback is very positive. We have patients who probably have never received any care for their depression or anxiety before this program. We see this as the future of mental health care.”

NEW INPATIENT PSYCHIATRIC UNIT OFFERS EXPANDED CARE

One of the many challenges in treating those with mental health disorders is access to care. The new Head Family Inpatient Psychiatric and Behavioral Health Center at Morristown Medical Center will increase the number of patient beds in order to provide treatment for more patients with co-occurring medical and psychiatric problems.

“We initially had a 16-bed unit built in 1961 that was quite antiquated and very small, with little room for recreational activities. We provided excellent care, but the environment was not commensurate with the quality of care we were providing,” says Dr. Zaubler. “The new center, pending approval by the state, will be able to accommodate 24 beds, with eight doubles and eight singles and beautiful communal spaces. It’s a much more inviting therapeutic milieu, where we can tailor the treatment, therapeutic and recreational needs of the patient.”

Dr. Zaubler says there is a shortage of psychiatric beds nationally that can accommodate patients with both medical and psychiatric issues. “Many psychiatric units won’t admit someone who requires intravenous fluid or oxygen supplementation because those can be precarious on a unit, as we’re careful about not having anything where a patient could harm themselves.”

Inpatient mental health services are available at the Head Family Center at Morristown Medical Center, as well as at Overlook and Newton medical centers.

ATLANTIC MEDICAL GROUP
Dr. Zaubler is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroupnj.org.
A Helping Hand

New robotic surgery helps ease pain and speed recovery in knee replacements

Knee replacement surgery typically takes months of recovery and rehabilitation but with the use of robotic technology, 57-year-old Albert Abdemur from Roselle Park is back to dancing just three months after a partial knee replacement.

“I’m a big salsa dancer,” says Albert. “I have a big social group that I hang around with on weekends. So whatever music is playing, pop, rock or Latin, I’m dancing.”

FASTER RECOVERY
People suffering from osteoarthritis (OA) in the knee can quickly get back on track with the help of the Mako Robotic-Arm Assisted Surgery System, which allows surgeons to perform minimally invasive partial knee replacements with greater precision. “The key for successful partial knee replacement is accuracy of the alignment of the implants,” says orthopedic surgeon Jeffrey Leary, MD. “In the historic way of doing this procedure, we used alignment guides to pick the center of the knee and ankle to determine where you would make your cut to take the bone out and place the implant.”

The Mako Technology allows surgeons to create a 3-D model of the knee based on CT scan images. “We digitally superimpose the patient’s knee into the computer program, and the robotic software determines the exact alignment for where the implants need to be placed.”

NOT FOR EVERYONE
The knee consists of three parts, including the medial (inner) part, the lateral (outer) part, and the anterior, or the patella-femoral part under the kneecap. “This procedure is used for patients who have only damaged part of their knee rather than the whole knee or whose arthritis hasn’t progressed to the point that it’s damaged the cartilage globally across the knee.”

With the use of Mako, patients have reduced pain, minimal hospitalization and more rapid recovery. Albert, an operating room nurse, recently went back to work. “I’m scrubbing and circulating every day,” he says. “The new knee is much more comfortable, and I’m able to work like normal again.”

For more information on knee replacement surgery, visit atlantichealth.org/mako.
More than three million people in the United States suffer from epilepsy and roughly one-third of them do not become seizure-free with medications. “Managing the condition can be challenging. The brain is like a computer,” says Ronald Benitez, MD, surgical director for the Atlantic Neuroscience Institute. “With epilepsy, there is a short circuit in the computer. This uncontrolled electrical activity that occurs in the brain makes the computer go haywire.”

Doctors at Atlantic Neuroscience Institute have been using new technology called Responsive Neurostimulation (RNS), developed by NeuroPace, Inc., to help epilepsy patients. This implantable device allows direct recording from the brain and direct stimulation to the brain in an effort to interrupt seizure activity before abnormal electrical activity spreads to adjacent brain regions, resulting in clinical seizures.

“We place up to two electrodes per hemisphere as close as possible to the seizure focus. The wire from each electrode is connected to a battery-operated generator that sits recessed in the skull,” says Dr. Benitez. “The device records EEG activity continually, which can be uploaded to a computer and analyzed. When the device detects a seizure coming, it emits a pulse through the electrodes that cancels the seizure out.” The earlier the seizures are interrupted, the less intense the seizures become.

EXCITING ADVANCES
According to Jeffrey Politsky, MD, FRCP-C, medical director for Atlantic Neuroscience Institute Epilepsy Center, “Epilepsy surgery becomes a viable option for patients who receive incomplete benefit from conventional medications. When implantation of the RNS device is one of the surgical options, it may be the only surgical option or it may be implanted as part of a multistep procedure that also involves tissue resection. When the device is implanted, we utilize all of the information we have obtained up to that point, derived to a great extent from stage of evaluation that involves implantation of grids and strips onto the surface of the brain and depth electrodes right into the brain, designed to record seizures and determine exactly how seizures start and how they spread. Prior to the RNS, the only previously available implantable device to treat epilepsy has been the vagus nerve stimulator (VNS), which is implanted peripherally (outside of the skull and brain) in an effort to indirectly decrease seizure frequency. This technology offers an exciting advancement in the treatment of epilepsy.”

Patients with medically intractable epilepsy can undergo an evaluation to determine the most appropriate treatment method at the Atlantic Neuroscience Institute Epilepsy Center. Overlook Medical Center is the primary location for these services, with pediatric services primarily at Morristown Medical Center.

For additional information, contact the Epilepsy Center at 908-522-4990.
Knowing that you have an irregular heartbeat, or arrhythmia, can help you take steps to reduce the risk of sudden death. But some arrhythmias are very difficult to detect. So at Atlantic Health System, physicians with different subspecialties have teamed up to pin down the risk, through the Comprehensive Inherited Arrhythmia Program at Morristown Medical Center.

“We now know that some arrhythmias are passed down through families,” says Darius Adams, MD, director of the Jacobs Levy Genomic Medicine and Research Program at Atlantic Health System. “So we have gathered a comprehensive team that can put together a range of complex, sometimes subtle information, to evaluate patients’ risks, and to give them options to avoid the dangers of arrhythmia.”

RAPID PROGRESS
The field of cardiogenetics is fairly new and moving fast, he says. The program, which began just last year, joins physicians with specialized training in electrophysiology (a subspecialty within cardiology that deals with rhythm disorders) and genetics.

“When it comes to genetic causes of arrhythmia, neither of these specialties offers the complete answer concerning a person’s risk for sudden death,” says Michael G. Katz, MD, who specializes in cardiology and electrophysiology at Morristown Medical Center. “But combined, we have the answer. We are leveraging our knowledge so we can identify at-risk patients and prevent life-threatening events.”

A THOROUGH EXAMINATION
Part of the evaluation also includes genetic counseling, to give patients clear-cut guidance about what they can do to minimize their risk. For some patients, treatment might involve medicines. For others, it might require a defibrillator to detect and treat dangerous rhythms. “Knowledge of inherited conditions can be critical to relatives, as well,” Dr. Adams says. “So we reach out to family members who would otherwise not be aware they have any risk.”

Patients often come to the program through a referral from their general cardiologist, but people can self-refer as well.

Call 973-971-7634 for more information on the Comprehensive Inherited Arrhythmia Program.

ATLANTIC MEDICAL GROUP
Drs. Adams and Katz are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroupnj.org.
When planning for a trip, it’s easy to get caught up in the excitement and forget important travel measures. One of those measures: vaccines.

“Patients who travel internationally may need to take special precautions to avoid getting ill, such as receiving additional vaccines,” says William B. Felegi, DO, FACEP, medical director, Travel MD®. “Patients traveling to the Caribbean, Europe and Australia generally do not need anything further other than current protection against routine disease found in the U.S.”

For travelers visiting regions outside of those areas, though, Dr. Felegi recommends talking to a health care provider with knowledge of travel medicine. Atlantic Corporate Health is making that easier for patients through the Travel MD® program, which aims to protect travelers through a variety of pretravel and consultative services.

In addition to vaccines, travelers will receive advice on foods and drinks to avoid, medications to pack and other steps to take for a safe journey.

“Our services offer a team approach to the travel patient,” says Dr. Felegi, who is also medical director for the program. “Patients are given the time with a specially trained travel medicine physician to counsel them about their specific needs based on their individual itinerary. After meeting with the physician and receiving specific written recommendations, patients will meet with a nurse, be given additional travel information, and receive their vaccines, if possible, on the same visit.”

For more information on Travel MD®, call 973-971-7291.

At the first barbeque of the season, a neighbor asked me why on earth hospitals need fundraisers. Do they not already have plenty of money coming in?

The truth is, even after bills are paid and reimbursements are received, our not-for-profit hospitals need donations to ensure you get the care you deserve when you come through our doors.

We hope you’ll consider a donation today for one of these funding priorities:

Chilton Medical Center’s 45-year-old Intensive Care Unit is undergoing renovation to expand its 12 private rooms, create a centralized nurses’ station, and upgrade all furniture and finishes. Make a gift at atlantichealth.org/chiltonfoundation.

Hackettstown Medical Center wants to bring digital breast tomosynthesis to its Center for Breast Health to detect small breast tumors earlier, improving survival rates, while decreasing false positives and repeat mammograms. Make a gift at hrmcnjfoundation.org.

Morristown Medical Center wants to meet the needs of its soaring senior population with funding for education, training and programs at its Geriatric Assessment Center. Make a gift at f4mmc.org.

Newton Medical Center is reconfiguring its central emergency room workstation into a more efficient workspace and creating a dedicated rapid triage and treatment area. Make a gift at newtonmedicalcenterfoundation.org.

Overlook Medical Center is revolutionizing the diagnosis, treatment and support of patients at its Gerald J. Glasser Brain Tumor Center, and providing clinical trials and research to benefit brain tumor patients nationwide. Make a gift at overlookfoundation.org.
**BEHAVIORAL HEALTH**

- **Adolescent DBT Group**
  - **TIME AND DATE:** Thursdays, 6:30-8:00pm
  - **PLACE:** Newton Medical Center, 175 High St., Newton, NJ 07860
  - For next start date, call 973-579-8581.

- **Adolescent Social Skills**
  - **TIME AND DATE:** Wednesdays, 4:30-5:30pm
  - **PLACE:** Newton Medical Center, 175 High St., Newton, NJ 07860

- **Advanced DBT Group**
  - **TIME AND DATE:** Tuesdays, 3:30-4:30pm
  - **PLACE:** Newton Medical Center, 175 High St., Newton, NJ 07860

- **Co-Occurring Disorders and Substance Abuse Group (16-week program)**
  - **TIME AND DATE:** Tuesdays, 1:00-2:00pm

- **Coping With Anxiety**
  - **TIME AND DATE:** Thursdays, 1:00-2:00pm

- **DBT Group**
  - **TIME AND DATE:** Mondays, 12:30-2:30pm; Tuesdays, 6:00-8:00pm; Thursdays, 11:00am-1:00pm

- **DBT Skills Group for Adults**
  - **TIME AND DATE:** Tuesdays, 11:30am-12:30pm

- **Depression Group**
  - **TIME AND DATE:** Thursdays, 10:30am-Noon; Fridays, 12:30-1:30pm

- **For more information on all programs listed above, call 973-579-8581.**

- **Registration is required for all the above groups. Call 1-888-247-1400.**

- **Expressive Arts Group**
  - **TIME AND DATE:** Wednesdays, Noon-1:00pm

- **Living With Chronic Illness**
  - **TIME AND DATE:** Wednesdays, 1:00pm-2:00pm
  - **PLACE:** Newton Medical Center, 175 High St., Newton, NJ 07860
  - For more information, call 973-579-8581.

- **Family Education Series on Addiction**
  - **TIME AND DATE:** Mondays ongoing, 6:00-7:30pm
  - **PLACE:** Hackettstown Medical Center, Counseling Center, 112 East Ave., Hackettstown, NJ 07840

- **Mindfulness Group**
  - **TIME AND DATE:** Wednesdays, 11:00am-Noon

- **Quit Smoking Program**
  - **TIME AND DATE:** Tuesdays, September 12, 19 and 26; October 3, 10 and 17
  - **PLACE:** Morristown Medical Center, 100 Madison Ave., Morristown, NJ 07960

- **Social Skills for Children**
  - **TIME AND DATE:** Wednesdays, 4:30-5:30pm

- **Trauma-Informed Peer Support Group**
  - **TIME AND DATE:** Thursdays, 6:00-7:00pm

- **Veterans PTSD Group**
  - **TIME AND DATE:** First Thursday of every month, 5:00-6:00pm

- **Voices (12-week sessions) - A Self Discovery and Empowerment Program**
  - **PLACE:** The Center at Morristown Medical Center. For more information, call 973-579-8581.

**CANCER CARE**

- **Breast Cancer Support Group**
  - **TIME AND DATE:** Tuesdays, July 11, August 8 and September 12, 6:00-8:00pm
  - **PLACE:** Sparta Health & Wellness, Conference Room, 89 Sparta Ave., Sparta, NJ 07871
  - For more information, call 1-800-227-8945.

- **Brown Bag – August**
  - **Get the facts about additives, preservatives and pesticides from oncology dietitian Mary-Giselle Ulbrich, MS, RD, CSO.**
  - **TIME AND DATE:** Monday, August 21
  - **PLACE:** Morristown Medical Center, 3rd Floor Conference Room, 100 Madison Ave., Morristown, NJ 07960
  - For more information, call 1-800-227-8945.

- **Brown Bag – August**
  - **Get the facts about additives, preservatives and pesticides from oncology dietitian Mary-Giselle Ulbrich, MS, RD, CSO.**
  - **TIME AND DATE:** Monday, August 21
  - **PLACE:** Morristown Medical Center, 3rd Floor Conference Room, 100 Madison Ave., Morristown, NJ 07960
  - For more information, call 1-800-227-8945.

- **Look Good, Feel Better:**
  - **1-800-ACS-2345**

- **Post Breast Surgery Program:** 973-971-5169

- **Preparing for Breast Cancer Surgery:** 973-971-6175

- **Prostatectomy Pre-Operative Class:** 973-971-6800

- **Sexuality and Cancer:** 973-971-4063

- **Smoking Cessation Support:** 973-971-7971

- **All events located at Carol G. Simon Cancer Center at Morristown Medical Center. For more information, call the numbers listed.**

- **Harnessing Your Thoughts**
  - Use the power of your thoughts to cope with cancer-related distress. Presented by oncology social workers Lisa Picciuti, LCSW, OSW-C, CTTS, and Kathleen Crowley, LCSW, OSW-C, OTT.
  - **TIME AND DATE:** Tuesday, July 11
  - **PLACE:** Morristown Medical Center, 3rd Floor Conference Room, 100 Madison Ave., Morristown, NJ 07960

- **Integrative Medicine**
  - **Healing Touch Experience**
  - **I Can-Cer Vive* (eight-week mind-body-spirit program)**
Unless otherwise noted, registration is required for all events and programs. To register for an event, program or screening, visit calendar.atlantichealth.org or call 1-800-247-9580, unless an alternative phone number is listed. Find us on Facebook for updates on selected events and calendar listings.

• Individual Spiritual Counseling*
• Imagery for Chemo/Radiation
• Jin Shin Jyutsu Self-Help/Individual Sessions*
• Meditation/Learn to Meditate*
• Qigong/Tai Chi
• Reiki Sessions*
• Therapeutic Touch: 973-971-4063*
• Writing to Heal
• Yoga – Gentle/Restorative
*Programs with an asterisk are available to Carol G. Simon Cancer Center patients only. All events are located at Carol G. Simon Cancer Center at Morristown Medical Center. For more information, call 973-971-6514.

Look Good, Feel Better
TIME AND DATE: Monday, September 18, 2:00-4:00pm
PLACE: Sparta Health & Wellness, Conference Room, 89 Sparta Ave., Sparta, NJ 07871
For more information, call 1-800-227-2345.

Mammograms Save Lives
For those women who do not have insurance or are not eligible through other screening programs.
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
OR
PLACE: Milford Health & Wellness, 111 E. Catharine St., Milford, PA 18337
For more information, call 973-579-8622.

M Music Therapy
• Healing Through Drumming
• Somatron Session*
• Sound Meditation
*Programs with an asterisk are available to Carol G. Simon Cancer Center patients only. For more information, call 973-971-5919.

Ongoing Support Groups
• In-Treatment Support Group
• Living With Advanced Cancer Support Group
• Post-Treatment Support Group
For information about counseling and social work services, call 973-971-6299. For more information on our post-treatment programs, call 973-971-6299. For general information on cancer center programs and services, call 973-682-2146.

Peer to Peer
• Ostomy Group: 973-971-5522
• Platelet Disorder Self-Help Support Group: 973-971-1819
• Us Too – Prostate Cancer Self-Help Support Group: 973-971-2135

Writing as a Way of Healing
TIME AND DATE: Wednesdays, July 12, 19 and 26, 6:30-8:30pm
PLACE: Morristown Medical Center, Carol G. Simon Cancer Center, 100 Madison Ave., Morristown, NJ 07960
Call 1-800-247-9580 to register.

CHAMBERS CENTER FOR WELL BEING

Healthy Cooking Classes
TIME AND DATE: Monthly classes
FEE: $20 per person

Open Level Yoga
TIME AND DATE: Ongoing
FEE: $15

Stress Reduction Group
TIME AND DATE: Ongoing
FEE: $15

Tai Chi
TIME AND DATE: Ongoing
FEE: $20

Vibrational Singing Bowls
TIME AND DATE: Ongoing
FEE: $20

PLACE: Chambers Center for Well Being, 435 South St., Morristown, NJ 07960
For more information, call 973-971-4890 or visit chamberscenterforwellbeing.org or calendar.atlantichealth.org.

Dean Ornish Program
TIME AND DATE: Ongoing programs
For more information, call 973-971-7230.

Interactive Metronome
This is a series of 17 appointments over eight weeks. For more information, call 973-971-6301 and then press #1.

Annual Public Meeting Notice

Please join us for Atlantic Health System’s Annual Public Meeting, an interactive, free event in the Malcolm Forbes Amphitheater at Morristown Medical Center, from 5:00-6:00pm, July 20, 2017, 100 Madison Avenue in Morristown, NJ 07960.

Learn about Atlantic Health System, the operation of our health care system, including the Morristown, Overlook, Newton, Chilton and Hackettstown medical centers, and how we are working within our communities. There will also be an opportunity to ask questions.

This year’s theme is “Lifesaving Innovation.” Hear about the pioneering ways Atlantic Health System helps the community stay healthy and save lives. Seating is limited. Registration preferred but not required.

Please arrive 10 minutes early to register or sign in. Parking is free.

For more information and to register, call 1-800-247-9580.
Lifestyle Change Program
TIME AND DATE: Day and evening programs
FEE: $775 for the 12-week program
PLACE: Chambers Center for Well Being, 435 South St., Morristown, NJ 07960
For more information, call 973-971-4890 or visit chamberscenterforwellbeing.org or calendar.atlantichealth.org.

Renewing You – A Cancer Survivorship Program
TIME AND DATE: Day and evening programs
FEE: $550
PLACE: Chambers Center for Well Being.
For more information, call 973-971-4890 or visit chamberscenterforwellbeing.org or calendar.atlantichealth.org.

Mindfulness-Based Stress Reduction
TIME AND DATE: Day and evening programs
FEE: $400 for the eight-week program

Mindful Teens
TIME AND DATE: Ongoing programs
FEE: $250 for the six-week program
PLACE: Chambers Center for Well Being, 435 South St., Morristown, NJ 07960
For more information, call 973-971-4890 or visit chamberscenterforwellbeing.org or calendar.atlantichealth.org.

COMMUNITY HEALTH & SCREENINGS

22nd Annual Community Health Day
TIME AND DATE: Saturday, September 9, 9:00am-1:00pm
PLACE: Headquarters Plaza, Morristown, NJ 07960

Babysitting Basics
TIME AND DATE: Mondays, July 10 and 17 OR August 7 and 14, 5:30-8:30pm
FEE: $45 for each 2-part session
PLACE: Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
For more information, call 908-850-6935.

Blood Pressure and Glucose Screenings
TIME AND DATE: First Friday of the month, Noon-3:00pm
PLACE: Parsippany ShopRite, 808 Route 46, Parsippany, NJ 07054
OR
TIME AND DATE: Third Friday of the month, Noon-3:00pm
PLACE: Greater Morristown ShopRite, 178 E. Hanover Avenue, Cedar Knolls, NJ 07929

Cancer Screenings and Your Physician
TIME AND DATE: Thursday, September 28, 6:00-7:00pm
PLACE: Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840

Coping With Caregiver Stress
TIME AND DATE: Thursday, July 27, 6:30-7:30pm
PLACE: Newton Medical Center, Romano Conference & Education Center, 175 High St., Newton, NJ 07860
For more information, call Alzheimer’s NJ at 973-568-4300.

Healthy Aging Tips for Your Body and Brain (Dinner/Lecture)
TIME AND DATE: Thursday, September 14, 4:00-6:00pm
FEE: Lecture is free; $3 for dinner
PLACE: Newton Medical Center, Romano Conference & Education Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8340.

Medication Review With Pharmacist
TIME AND DATE: First Wednesday of every month, 10:00am-Noon
PLACE: Hackettstown Medical Center, 651 Willow Grove St., 1st Floor Lobby, Hackettstown, NJ 07840

Rapid HIV Testing - HIV Counseling, Testing & Referral
Free and confidential testing. Walk-ins accepted; appointments recommended. For more information, call 973-889-6810.
**Diabetes Wellness**

- **Safe Sitter Babysitting Class**
  - **Time and Date:** Tuesdays, July 11 and August 29; Saturday, September 23, 8:30am-3:30pm
  - **Fee:** $60
  - **Place:** Newton Medical Center, 175 High St., Newton, NJ 07860
  - For more information, call 973-579-8340.

- **Stress and You (Dinner/Lecture)**
  - **Time and Date:** Monday, July 10, 5:30-7:00pm
  - **Fee:** $8
  - **Place:** Newton Medical Center, Romano Conference & Education Center, 175 High St., Newton, NJ 07860
  - For more information, call 973-579-8340.

- **Diabetes Education Classes**
  - **Time and Date:** Individual and group classes available
  - **Place:** Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960
  - For more information, call 973-971-5524.

- **Diabetes Management Series**
  - For more information, call 908-441-1482.

- **Diabetes Support Group**
  - **Time and Date:** Mondays, July 24, August 28 and September 25, 7:00-8:00pm
  - **Place:** Hackettstown Medical Center, Gene C. Milton Conference Room, 651 Willow Grove St., Hackettstown, NJ 07840
  - For more information, call 908-441-1482.

- **Gestational Diabetes Education Classes**
  - **Time and Date:** Mondays ongoing, 4:00-7:00pm
  - **Place:** Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960
  - For more information, call 973-971-5524.

- **GI Health: What We Eat Matters**
  - **Time and Date:** Wednesday, September 6, 6:30-8:00pm; October 4, 10-11:30am
  - **Place:** Newton Medical Center, Cafeteria Conference Room, 175 High St., Newton, NJ 07860

- **Medical Nutrition Counseling**
  - **Time and Date:** Individual sessions available
  - **Place:** Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960
  - For more information, call 973-971-5524.

- **Pre-Diabetes Workshop**
  - **Time and Date:** Thursday, July 20, 11:00am-Noon; Thursday, August 10; and Wednesday, September 13, 4:30-5:30pm
  - **Place:** Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
  - To register, call 908-850-6935.

- **Type 1 and Insulin Pumpers Group**
  - **Time and Date:** Thursday, August 3, 7:00-8:00pm
  - **Place:** Mo’Town Cafe, Morristown Medical Center, 100 Madison Ave., Morristown NJ 07960

- **Type 2 Diabetes Support Group**
  - **Time and Date:** Thursdays, July 27 and September 28, 7:00-8:00pm
  - **Place:** Morristown Medical Center, 435 South St., Suite 340, Morristown, NJ 07960

- **Garden State Swim Run (sponsored by Atlantic Sports Health)**
  - Visit gardenstateswimrun.com for more information.
  - **Time and Date:** Saturday, August 19, 7:00am
  - **Place:** Randolph Lake Beach, Randolph, NJ 07869

- **Pass It Along Triathlon (sponsored by Garden State Swim Run)**
  - Visit runsignup.com/Race/NJ/Sparta/PassItAlong for more information.
  - **Time and Date:** Saturday, July 29, 7:00am
  - **Place:** Lake Mohawk, NJ 07871

- **The Speed-Summit with USA Track and Field**
  - The two-day event is geared towards coaches and athletes with an interest in running, nutrition, strength, and conditioning and bio mechanics. Visit runningsummit.com for more information.
  - **Time and Date:** Saturday and Sunday, August 12 and 13
  - **Place:** Morristown Medical Center, 435 South St., Morristown, NJ 07960

- **Yoga for Everybody**
  - **Time and Date:** Mondays, September 11-October 30, 6:30-7:50pm
  - **Fee:** $90 for eight weeks or $15/class
  - **Place:** Newton Medical Center, 175 High St., Newton, NJ 07860
  - For more information, call 973-579-8340.

**Heart Health**

- **AHA e-Learning Option**
  - For more information, call 908-850-6935.
  - **BLS for Healthcare Provider**
  - **Fee:** $85
  - **CPR for Family and Friends**
  - **Fee:** $35
  - **Heartsaver CPR AED**
  - **Fee:** $50
  - **Heartsaver First Aid**
  - **Fee:** $50
  - **Pediatric First Aid CPR AED**
  - **Fee:** $75

- **Healthy Hearts**
  - **Time and Date:** Wednesdays, July 5, August 2 and September 6, 12:30-1:30pm
  - **Place:** Hackettstown Medical Center, 1st Floor Conference Dining Room, 651 Willow Grove St., Hackettstown, NJ 07840

- **WomenHeart**
  - WomenHeart is a national organization dedicated to advancing women’s heart health through advocacy, community education and patient support. Contact Ingrid Loeuis at loeuisng@yahoo.com or 908-656-1109 for additional information.
  - **Time and Date:** Second Thursday of every month, 2:00-4:00pm OR 6:00-8:00pm
  - **Place:** Heart Success Office (2:00pm session); Schering Plough Conference Room (6:00pm); Gagnon Cardiovascular Institute, 100 Madison Ave., Morristown, NJ 07960

- **For classes and locations, visit Atlantic Training Center at atlanticambulance.org.**
**NUTRITION**

- **Calcium and Bone Health**
  
  **PRESENTER:** Cathy Olmstead, MS, RDN, CED, BC-ADM
  **TIME AND DATE:** Wednesday, July 5, Noon-1:00pm
  **PLACE:** 15 Wits End Drive, Hamburg, NJ 07419

- **Nutrition for Your Golden Years**
  
  **TIME AND DATE:** Wednesday, September 27, 2:00-3:00pm
  **PLACE:** 435 South St., 3rd Floor Conference Room, Morristown, NJ 07960

- **Spice Up Your Life: Herbs and Spices in Your Diet**
  
  **PRESENTER:** Cathy Olmstead, MS, RDN, CED, BC-ADM
  **TIME AND DATE:** Wednesdays, July 5, 6:30-8:00pm; August 2, 10:00-11:30am
  **PLACE:** Newton Medical Center, Cafeteria Conference Room, 175 High St., Newton, NJ 07860

**PARENTING & CHILDBIRTH**

- **Breastfeeding Education**
  
  **TIME AND DATE:** Tuesday, July 11, 6:30-9:00pm

- **Childbirth Education Classes**
  
  **TIME AND DATE:** Saturday, September 9, 8:30am-3:30pm
  **FEE:** $130
  **PLACE:** Newton Medical Center, Conference Room A & B, 175 High St., Newton, NJ 07860

  **TIME AND DATE:** Thursday, September 13, 9:00am-12:30pm
  **FEE:** $75 per couple
  **PLACE:** Morristown Medical Center, 100 Madison Ave., Morristown, NJ 07960

**SENIOR HEALTH**

- **Back in Time: Sink the Bismarck**
  
  **TIME AND DATE:** Wednesday, August 16; OR Thursday, September 7, 10:30-11:30am
  **PLACE:** Hackettstown Medical Arts Building, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840

  **For more information and to register, call 908-850-6935.**

- **CarFit for Seniors: Keeping the Senior Driver Safe in Their Vehicle**
  
  **APPOINTMENTS NECESSARY.**
  **TIME AND DATE:** Tuesday, July 18 OR Thursday, September 14, 10:00am-Noon
  **PLACE:** The Bentley Commons at Paragon Village, 425 Route 46 East, Hackettstown, NJ 07840

- **Chair Exercise for Older Adults (3-class series)**
  
  **TIME AND DATE:** Wednesdays, July 12, 19 and 26; August 9, 16 and 23; September 14, 21 and 28, 10:00-11:30am
  **PLACE:** Sparta Health & Wellness, Conference Room, 89 Sparta Ave., Sparta, NJ 07871

- **Downsizing Tips for Seniors**
  
  **TIME AND DATE:** Tuesday, September 26, 11:00am-Noon
  **PLACE:** Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840

- **Gentle Yoga**
  
  **TIME AND DATE:** Wednesdays, July 12-September 13, 10:30-11:30am
  **FEE:** $30 for residents of Morris Mews, $4 drop-in fee; $50 for community members, $6 drop-in fee
  **PLACE:** Morris Mews Senior Housing, 99 Ketch Road, Morris Township, NJ 07960

- **Joint Replacement Education Session**
  
  **TIME AND DATE:** Wednesdays, July 5, August 2 and September 6, Noon-2:00pm
  **PLACE:** Newton Medical Center, Romano Conference & Education Center, 175 High St., Newton, NJ 07860 (videoconference available at Milford Health & Wellness)

  **For more information, call 973-940-8136.**

- **Senior Fitness**
  
  **TIME AND DATE:** Thursdays, July 13-September 14, 10:00-11:00am
  **FEE:** $50 for 10 weeks; drop-in fee is $6
  **PLACE:** 435 South St., 3rd Floor Conference Room, Morristown, NJ 07960

  **To register, call 1-800-247-9580.**
Summer Sizzle: Line Dancing
TIME AND DATE: Fridays, July 14-August 11, 3:00-4:00pm
FEE: $35 for all five weeks.
PLACE: 333 Mount Hope Ave., 3rd Floor Community Room, Rockaway NJ 07866

Tea and Talk
TIME AND DATE: Thursday, September 14, 10:30am-Noon
PLACE: Randolph YMCA, The Program House, 14 Dover Chester Road, Randolph, NJ 07869
For more information, call 973-366-1120.

Total Hip and Knee Replacement: What to Expect
TIME AND DATE: Tuesday, August 15, 11:00am-Noon
PLACE: Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
For more information and to register, call 908-850-6935.

What are Probiotics, and What Do They Do?
TIME AND DATE: Thursday, September 21, 1:00-2:00pm
PLACE: Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
For more information and to register, call 908-850-6935.

Better Breathers Club
TIME AND DATE: Tuesdays, July 25, August 22 and September 26, Noon-1:15pm
PLACE: Newton Medical Center, Romano Conference & Education Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8473.

Healthy Aging: Tips for Your Body and Brain
TIME AND DATE: Thursday, September 21, 2:00-3:00pm
PLACE: 111 Madison Ave., 4th Floor Conference Room, Morristown, NJ 07960

Multiple Sclerosis
TIME AND DATE: Second Monday of every month, 7:00-9:00pm
PLACE: Hackettstown Medical Center, Gene C. Milton Conference Room, 1st Floor, 651 Willow Grove St., Hackettstown, NJ 07840

Overeaters Anonymous
TIME AND DATE: Sundays, 9:00-10:00am
PLACE: Hackettstown Medical Center, Conference Dining Room, 1st Floor, 651 Willow Grove St., Hackettstown, NJ 07840

Perinatal Loss Support Group
TIME AND DATE: Second Tuesday of every month, 7:30-9:00pm
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
For more information, call 973-940-8140.

Stroke Support Group
TIME AND DATE: Fourth Tuesday of every month, 6:00-7:00pm
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
For more information, call 973-971-4555.

SUPPORT GROUPS

Alzheimer’s Support Group
TIME AND DATE: Saturdays, July 22, August 26 and September 23, 10:00am-Noon
PLACE: Newton Medical Center, Romano Conference & Education Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8600.

Bariatric Support Group
TIME AND DATE: Tuesdays, July 11, August 1 and September 5, 6:00-7:00pm
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860

Better Breathers Club
TIME AND DATE: Thursdays, July 13, August 10 and September 14, 1:30-2:30pm
PLACE: Hackettstown Medical Center, Conference Dining Room, 1st Floor, 651 Willow Grove St., Hackettstown, NJ 07840
For more information, call 908-441-1192.

The Arc of New Jersey
TIME AND DATE: Third Thursday of every month, 6:00-7:00pm
PLACE: Hackettstown Medical Center, Gene C. Milton Conference Room, 1st Floor, 651 Willow Grove St., Hackettstown, NJ 07840

Tobacco Relapse Prevention
TIME AND DATE: Wednesdays, July 5, August 2 and September 6, 1:00-2:00pm
PLACE: Newton Medical Center, Romano Conference & Education Center, 175 High St., Newton, NJ 07860

WEIGHT LOSS

Alliance Center for Weight Management
Free information sessions on our weight-loss programs, with one-on-one personal coaching, easy to follow diet plans and emphasis on long-term weight maintenance. For more information, call 973-971-4555.
TIME AND DATE: Tuesdays, May 16 and 30; June 6, 13 and 27; July 11; September 5, 12, 19 and 26
PLACE: Atlantic Rehabilitation, 95 Mount Kemble Ave., Morristown, NJ 07960.

Metabolic Medicine Center Exercise Program
PLACE: Metabolic Medicine Center, 435 South St., Suite 330, Morristown, NJ 07960
For more information, call 973-971-7166.