

AtlanticView

at Morristown | Spring/Summer 2018

Leading the Fight
Against Lung Cancer

It's All About You

MOMENTS THAT MATTER

LIFE AFTER
DOUBLE HIP
REPLACEMENT

Voted
#1 Hospital
by NJ Doctors

Source: Castle Connolly Medical
Ltd., 350+ beds



Atlantic Health System
Morristown Medical Center

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Greetings,

I hope you are enjoying the new *AtlanticView at Morristown*, and are finding it a valuable resource in aiding you and your family on your journey to support a healthy lifestyle. The local publication features news and stories from Morristown Medical Center and Atlantic Health System, and also offers a calendar of classes and information sessions. I encourage you to take a look and see how we can assist you to be your best self.

There is much happening at Morristown Medical Center, which I am sure you have seen from the road if you are a local resident or have been on I-287 in the past few months. We are excited to be expanding our nationally recognized Gagnon Cardiovascular Institute – built 10 years ago this year – with an additional 72 individual patient rooms and advanced imaging, which will open in 2019.

Our Carol G. Simon Cancer Center is celebrating its 20th anniversary, and we are honored to have been a part of so many people’s journeys over the past two decades. As we continue to expand our cancer program, we have recruited world-class physicians who offer the latest in treatment protocols. Due to our growth, we’re also beginning the process to expand the cancer center, which will include a larger infusion center.

With warmer weather finally on the way, we wish you a safe, healthy and happy spring.



TRISH O’KEEFE
President,
Morristown Medical Center

Atlantic Health System, an integrated health care network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children’s Hospital and Atlantic Rehabilitation. The six medical centers have a combined total of 1,747 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children’s Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.

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Leading the Fight Against Lung Cancer

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Moments That Matter: Life After Double Hip Replacement



CEO's corner

Creating Healthier Communities - We're More Than Hospitals

When you hear about Atlantic Health System, you may naturally think hospitals. But "system" is what we are all about.

We are an integrated care delivery system that serves 4.9 million people across New Jersey. Integrated in that we work as a system – across more than 400 sites of care – to coordinate the health services patients need throughout their lives. We are not only healing illnesses in our hospitals, but encouraging and supporting a lifetime of health and wellness for our patients across our system of care.

Our patients connect with us through the offices of our affiliated physicians, urgent care clinics, hospitals, home care and hospice providers, rehabilitation facilities, medical laboratories, therapy and imaging centers - even from their home computers and smartphones. Should our patients need hospitalization, we are there to provide them with the best possible experience. But for everyday needs, our system of care is there, right in the heart of the communities we serve.

That's what we mean when we say that Atlantic Health System is working hard to deliver the highest quality care at the right time, at the right place, and at the right cost.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System

health briefs

Working Toward a Healthier Community

STAY ON TOP OF ATLANTIC HEALTH SYSTEM NEWS

AtlantiCast is Atlantic Health System's very own newscast. Broadcast every two weeks, AtlantiCast is a local news source for all things happening at Atlantic Health System's hospitals and the communities we serve.

You can view AtlantiCast on the television screens throughout our system as well as at atlanticcast.org. It is also available on local news outlets, including News12, Fios1, Patch and TapINTO.



ATLANTIC HEALTH SYSTEM MAKES *FORTUNE'S* '100 BEST COMPANIES TO WORK FOR' LIST

Atlantic Health System is celebrating after being recognized among *Fortune's* "100 Best Companies to Work For®" for the 10th consecutive year, ranking number 74. It is the only health care delivery system from New Jersey, and the top-ranked New Jersey-based company on the list.

NEW ATLANTIC HPV CENTER OPENS

The same strain of human papillomavirus (HPV) responsible for cervical, penile and anal cancer is now a leading cause of head and neck cancer. In fact, HPV-related cancers of the tonsil region and base of the tongue, or oropharynx, have tripled in the past several decades. Patients more affected are those between the ages of 40 and 60, who often have no obvious risk factors for cancer.

To help combat this rise of HPV-associated oropharyngeal cancers, the head and neck cancer experts at Atlantic HPV Center provide diagnostic screenings, education and counseling, and individualized treatment options that use cutting-edge techniques. **For more information, call 973-971-7352.**

THE MOVE TOWARD ELECTRONIC HEALTH RECORDS

One patient, one record, one Atlantic Health System. That's the guiding principle behind Epic, the electronic medical records system currently being adopted in Atlantic Health System's hospitals and medical offices. When you are treated by any Atlantic Health System physician, that information becomes accessible to all Atlantic Health System physicians. This translates into more streamlined care, allowing for our staff to maximize time spent with patients. **Learn more about MyChart at atlantichealth.org/patient-portals.**

HEALTHGRADES RECOGNIZES MORRISTOWN MEDICAL CENTER

Healthgrades®, a leading consumer health care ratings group, has recognized Morristown Medical Center with the Distinguished Hospital Award for Clinical Excellence for the eighth straight year. Morristown Medical Center has also received the Healthgrades 2018 America's 50 Best Hospitals Award for a third consecutive year. In fact, Atlantic Health System's hospitals are the only hospitals in New Jersey to be named among America's best hospitals in 2018 by the organization.

Atlantic Health Expands Into Somerset County



Atlantic Health System is meeting the health care needs of our communities and is now in Somerset County. Over the past year, Atlantic Sports Medicine in

Bridgewater and a new medical specialty suite in Martinsville (endocrinology, laparoscopic, bariatric and general surgery) have opened:

**Atlantic Sports Health at Bridgewater
Orthopedics & Sports Medicine
720 Route 202/206, Building #2
Bridgewater, NJ 08807**

**Atlantic Health Specialty Suite
Endocrinology
Laparoscopic, Bariatric &
General Surgery
1973 Washington Valley Road
Martinsville, NJ 08836**

For further information or to reach any of our providers in Somerset County, visit atlanticmedicalgroupnj.org/somerset.

Free Shuttles for Patients and Visitors

As part of its commitment toward a better patient experience, Morristown Medical Center is making it easier to travel around the campus. Guests in any of our parking garages can take advantage of the free patient shuttle, which will transport them to the nearest entrance for their appointment. Schedules and contact information are posted at garage entrances and the front desks of all buildings.

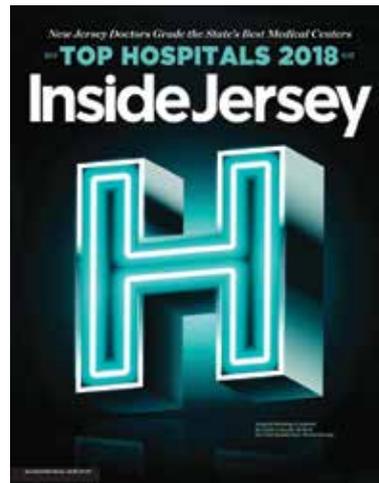
Scoliosis and Spinal Deformity Center Now Open

Patients with spine issues now have a new resource for cutting-edge care: The Scoliosis and Spinal Deformity Center. The center is home to a specialized team of orthopedic spine surgeons, neurosurgeons and other medical professionals at both Morristown and Overlook medical centers who can handle conditions ranging from patients with mild spine curvature to more advanced spinal deformity cases.

The care team creates individualized treatment plans designed to each patient's particular deformity pattern. Treatments range from growth preservation techniques for scoliosis treatment, genetic testing to predict potential curve progression, as well as more traditional treatment options such as bracing or spinal fusion.

The center's advanced technology allows the surgical team to see CT images in real time, ensuring surgeons are guiding the hardware to the right location with pinpoint accuracy – critical for complex spinal surgeries.

For more information, call 973-971-6879 or email spinaldeformity@atlantichealth.org.



Morristown Medical Center Ranked the No. 1 Hospital by NJ Doctors

Morristown Medical Center has been ranked the top hospital with more than 350 beds in New Jersey by Castle Connolly and the No. 1 hospital in the state in the following treatment categories: breast cancer, prostate cancer, pediatric cancer, coronary artery bypass surgery, hip and knee replacement, congestive heart failure, stroke, high-risk pregnancy and births, neurological disorders and pain management.

Helping Hand for Seniors

The Senior Support Program through Atlantic Home Care and Hospice serves as a valuable resource for the elderly. Made possible through a grant from the Louise Washington Charitable Trust, this free initiative helps provide care and coordination for seniors, prevents unnecessary hospitalizations and emergency room visits, and helps connect seniors with community-based services and advance planning assistance. A social worker makes a home visit to determine your needs.

If you or a loved one live in a community served by Morristown Medical Center, suffer from a chronic illness but you don't qualify for home care or hospice services under Medicare, or are a high risk for rehospitalization, then you – or he or she – may qualify for the program. **For a full list of qualifications, referrals or answers to any questions, please call 973-379-8410.**



Mapping the Future for Patient Care

Clinical research trials improve cancer treatments and outcomes

Advances in the treatment of cancer continue to improve with the help of clinical research trials like those conducted at Atlantic Health System. "Most clinical trials are related to chemotherapy," says Steve Halpern, MD, director, Pediatric Oncology Center. "Because of that, we've changed the way the chemotherapy is given to help better kill the cancer cells. But now, we're seeing more targeted therapy used in conjunction with chemotherapy."

In targeted therapy, the unique properties of the cancer cell are attacked directly. "We had a child recently who had the most common type of leukemia. We treated her with one round of chemotherapy, and it didn't work. She got sick and lost her hair and was in the hospital quite a bit," says Dr. Halpern. "We then gave her targeted therapy once a week as an outpatient. She felt much better within a short time and after just three weekly treatments of this targeted therapy, the leukemia was completely eradicated." **For more information, please call 973-971-6720.**

In addition to the pediatric cancer research, we are conducting clinical studies in adults at Atlantic Health System's Overlook Medical Center. Overlook Medical Center is the only hospital in New Jersey involved in the MIND Study of Artemis' minimally invasive neuro evacuation device to remove intracerebral hemorrhage. The device is inserted through a small incision into the affected area of the brain and removes the clot by suctioning it out through a catheterlike device. The study is open to patients 18 to 80 years old with an intracerebral hemorrhage.

"Our interventionalist team has performed about 60 of these procedures using the Artemis device over a two-year period and has seen an increase in survival rate with the device pre-trial," according to principal investigator Paul Saphier, MD, an endovascular neurosurgeon for the Atlantic Neuroscience Institute. "We are proud to be a major participant in this trial, as well as many others, that provide a benefit to our patients." **For more information, call 833-733-4641.** ▲

Visit atlantichealth.org/research for more information.



Atlantic Health System helped Charlene Beebe get back on her feet.

Life After Double Hip Replacement

Charlene Beebe feels fitter than ever

Several years ago, Atlantic Health System joint replacement specialist Paul Lombardi, MD, told his patient, Charlene Beebe of Sparta, something unusual: Though only in her 40s, she needed both hips replaced. The stakes were high. Charlene's work and passion are as a personal trainer, group fitness instructor and nutrition coach. She works six days a week, managing over 55 clients.

"I needed to get back to work without any problems," she says. "I thrive on guiding my clients to reach their goals, and I didn't want to slow down at all," she says.

GRADUAL CHANGE

Charlene's pain had been getting worse over the years before she finally visited Dr. Lombardi. In her first visit, he diagnosed the problem as a congenital defect, something she was born with.

"He told me that the only treatment was to replace both joints, but he left the decision of 'when' up to me," she says. "I appreciated that."

WITHOUT THE PAIN

Charlene says she gained a great level of trust in him. "He had a very positive attitude," she says. "I knew I would be back to doing what I love – without the pain."

Dr. Lombardi replaced both hips in surgeries just eight months apart. Recovery was quick, and Charlene has returned to her full schedule of personal training, teaching, motivating and inspiring.

"I shouldn't have waited so long to have it done," she says. "I could not have asked for a better outcome, and everyone at Atlantic Health was fantastic from beginning to end." ▲



WELL PREPARED - ALWAYS PREPARED

Morristown Medical Center provides
award-winning trauma care

When a child or adult with serious injuries arrives at a hospital by ambulance or helicopter, time is a critical factor. For those arriving at Morristown Medical Center, a specialized trauma team awaits.

They have among the highest levels of preparation in the state to investigate traumatic injuries, to quickly determine the best treatment and then assemble the right team of professionals to begin emergency care.

25 YEARS OF EXPERIENCE

Every day, the trauma team cares for severely injured or critically ill people. Injuries can range from broken bones and

brain injuries to damaged internal organs from motor vehicle crashes to stabbings and gunshot wounds.

Morristown Medical Center first became verified as a Trauma Center 25 years ago as part of a voluntary program of the American College of Surgeons (ACS). It is one of only four in the state to earn the highest ACS verification, Level I Trauma Center. The state of New Jersey also designates it as a Trauma Center.

SPECIALISTS AVAILABLE 24/7

Consistent with Trauma Center guidelines, the staff at Morristown Medical Center's Trauma Center includes a variety of high-level specialists who are available at all

times of day and night. These include trauma surgeons with extensive training in general and critical care surgery, trauma nurses and a surgical intensive care unit.

Supporting this core team are orthopedic surgeons, neurosurgeons, plastic surgeons, specialists in cardiology and other specialists. For children, pediatric surgery specialists provide care in a special pediatric emergency room and pediatric intensive care unit.

Through a combination of experienced staff, dedicated treatment areas and a strong network of specialty support, the staff at Morristown Medical Center is well prepared – and always prepared – to care for seriously injured patients of all ages. **▲**

LEADING THE FIGHT AGAINST LUNG CANCER

This quiz could save your lungs – and your life. Answer these four quick questions:

- 1. DO YOU SMOKE?**
- 2. ARE YOU A FORMER SMOKER?**
- 3. HAVE YOU BEEN EXPOSED TO SECONDHAND SMOKE?**
- 4. DO YOU KNOW SOMEONE WHO WOULD ANSWER "YES" TO THE QUESTIONS ABOVE?**

If you answered "yes" even one time, lung specialists at Atlantic Health System have news that could improve your health or the health of someone you know.

"Our biggest success in treating lung cancer is when we find it early, so we've put screening programs in place to accomplish that," says Mark Widmann, MD, director of the lung cancer program for Carol G. Simon Cancer Centers at both Morristown and Overlook medical centers. "For decades, we've been at the forefront of efforts like this, and we offer some of the most advanced screenings and treatments available anywhere."

For example, as part of a research trial, Atlantic Health System offers people exposed to secondhand smoke the unusual option to get a screening.

DEMONSTRATING QUALITY

For any screening and treatment, the experience of the staff is important, Dr. Widmann says. Lung cancer specialists at Atlantic Health System have earned high marks in several national rankings.

"Choose a program that can demonstrate its focus on quality," he says. "Lung cancer specialists at Morristown see more patients than any other program in the state, and we have among the highest quality scores as well." ▲

GOT 10 MINUTES?

Because lung cancer is the No. 1 cancer killer in the U.S., screenings to find it early could help thousands of people. However, only two out of 10 people with lung cancer find it early, when it is most easily treated.

Specialists at Atlantic Health System offer two screenings to address this issue. Both involve a low-dose CT scan that takes less than 10 minutes.

For smokers and former smokers, the lung cancer screening program at Atlantic Health System focuses on people between the ages of 55 and 77 who do not have lung cancer. See if you qualify for this service: call 1-855-862-2778.

For people who have been exposed to secondhand smoke, Atlantic Health System is part of a clinical trial to determine the most effective way to catch lung cancer early. Ask about the "FAMRI trial" at Morristown Medical Center: 973-971-5235. At Overlook Medical Center, call 908-522-6104.







Soothing Paws®

Pet Therapy Is Worth Barking About

Health care is going to the dogs. And before you think that's a bad thing, you need to experience Soothing Paws in person.

With 85 dog and handler teams in our program, Soothing Paws is making a difference in the lives of patients and hospital staff by providing stress relief when it's needed most. In addition to scheduled rounds at each hospital in Atlantic Health System, visits are available by request for most patients, their families and visitors.

"We're constantly stopped in the halls so patients, families and hospital employees can kneel down, pet and talk

to our dogs," says Mildred Kowalski, PhD, RN, the Morristown nurse researcher who manages the Soothing Paws Program. "Because our dogs are so gentle and loving, they provide immediate and enduring comfort. It's an absolutely amazing form of therapy."

The pups are so popular they even have their own trading cards, which are handed out (along with hand sanitizer) following each and every therapy encounter. How popular is Soothing Paws? In 2017, our dog-handler teams averaged 200 visits per month to patients in need of smiles across all medical centers in the system.



"The program is a huge success and continues to grow in popularity since it began in 2007," says Kowalski. "We're always looking for new dogs, so consider joining the program if you have a loving pet. It's a very rewarding way to volunteer."

All dogs in the program must be registered after a training process and most, but not all, are handled by their volunteer owners. ▲

For more information, contact Peggy Grow, coordinator, at 973-971-5941 or visit atlantichealth.org/pettherapy.

NO MORE WHISPERS

It's time to talk about mental health issues

For those of us who have never experienced mental health issues, it's often difficult trying to relate to friends, family or loved ones who suffer with behavioral or emotional challenges.

Acknowledging the existence of mental health issues within our families and communities is a very important first step to receiving the necessary support, which is why Atlantic Health System created its "No More Whispers" program.

"The stigma surrounding mental health has gone on for far too long," says Director of Atlantic Behavioral Health Lori Ann Rizzuto, LCSW. "Many people don't want to admit they are struggling—often they are embarrassed or ashamed. This feeling of isolation has to end, which is why this program was developed and why it's so important for our community."

No More Whispers is motivated to get people talking openly about a condition that affects one in six U.S. adult lives, according to the National Institute of Mental Health. Through printed materials, presentations and community outreach efforts, No More Whispers will enhance awareness and engage influencers throughout New Jersey about the importance of access to mental health care.

"So many communities are doing amazing work already," says Rizzuto. "We want to integrate our efforts with theirs. Our message is clear: We all need to address this challenge together by encouraging those in need to ask for help."

Each hospital in Atlantic Health System is providing initiatives through the No More Whispers program. To learn more about efforts in your community—or to include No More Whispers in your outreach efforts—email loriann.rizzuto@atlantichealth.org for more information. ▲



"Many people don't want to admit they are struggling ... This feeling of isolation has to end."

— Lori Ann Rizzuto, LCSW

It's All About You

Expect an improved Atlantic Health System website experience

The new Atlantic Health System website was designed with YOU in mind. Connect quickly and easily with the services you need, or take a deep dive to find information that can help you improve your health.



YOU ASK, AND WE ANSWER

How can we help you? It's the first question you'll see on our website. We know you are busy, and we want to help you get the answers you need as easily as possible. That's why we've enhanced the search experience in multiple ways. It offers predictive search to help you spell those often difficult medical terms. And it goes beyond traditional searches to match you with those physicians most experienced and qualified to deal with your specific health needs.

YOU'RE ON THE MOVE ...

WE WON'T SLOW YOU DOWN

Our new mobile experience is as fast as you are. Simple to navigate with action buttons, touch screen features, videos and more.

HELP YOURSELF

Another brand-new web feature is a series of do-it-yourself health quizzes, or "health assessments." Topics include allergies, depression, heart health, pain and more. And for more DIY capabilities, including online appointments, communications with your doctor's office, access to your medical records and test results, ask about MyChart. ▲

Like you, the website will continue to evolve and grow. We look forward to seeing you at our new home. **Come visit us at atlantichhealth.org.**

FOUNDATION NEWS

Rendering of the Lobby



Your Support Makes a Difference

Twenty years ago, the doors opened to Carol G. Simon Cancer Center, a legacy of William E. Simon and his wife, Carol, longtime volunteers at Morristown Medical Center. Today, over 3,000 new cancer patients are diagnosed or treated each year at the center, with annual outpatient visits totaling 113,000. The center has grown through the recruitment of top specialists and perpetually expanding research and trials.

With contemporary advancements comes the need for renovation. "We have to design a building that more accurately reflects the flow of cancer care today," says medical director Eric D. Whitman, MD. "It involves better support and logistics, from diagnosis, through treatment and continuing into survivorship. As scary as a cancer diagnosis can be, our building has to make it easier and more comforting for patients and their families during their cancer care journey."

The center will experience a floor-by-floor transformation over the next two years, beginning with an

expanded 36-bay infusion center on the third floor. "We've spent the most time in perfecting the infusion center design, speaking repeatedly with patients, nurses, advocacy groups and physicians," says Dr. Whitman. "During treatment, that's where many patients spend the most time, and it is crucial for us to create the safest, most healing environment possible."

On the first floor, in addition to the Aresty Radiation Therapy Center and Leonard B. Kahn Head and Neck Cancer Institute, patients will find one central registration area and have access to a dispensing pharmacy, supportive care services, lab testing and a fast track area to receive port flushes and injections. The second floor will house multidisciplinary clinics. Rather than sending patients around the hospital for appointments, their assigned care

team will be centralized, promoting collaboration and productivity. The fourth floor remains home to Ripple Breast Center and the research and registry teams. The remainder of the space will be used for conference rooms and physician and administrative offices.

The renovated building ties into a far-reaching vision that includes an increased focus on the latest research. The motivation is simple.

"It's personal for us," says Missak Haigentz, MD, chief of hematology and oncology for Morristown Medical Center. His colleague, Angela Alistar, MD, an internationally respected pancreatic cancer expert, adds, "We're here to fight cancer, and we're here to win." ▲

To offer your support to this project, please contact Lisa Duff at 973-593-2405 or lisa.duff@atlantichealth.org.

community calendar

Spring/Summer 2018

CANCER CARE

BROWN BAG LUNCH TALKS

*Mondays, May 7, June 4, July 2, August 6 and September 3, Noon-1:00pm
Morristown Medical Center, Carol G. Simon Cancer Center, 3rd Floor Conference Room, 100 Madison Ave., Morristown, NJ 07960*

EDUCATIONAL PROGRAMS

- Bereavement Program: 973-971-5585
 - Caregivers Presentation and Luncheon: 973-971-4063
 - Head and Neck Cancer Care Program: 973-971-4063
 - 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
 - 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.*

INTEGRATIVE MEDICINE

- Healing Touch Experience*
- I Can-Cer Vive* (eight-week mind-body-spirit program)
- Imagery for Chemo/Radiation
- Individual Spiritual Counseling*
- 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.*

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

- Living With Advanced Cancer Support Group
- Post-Treatment Support Group
- Tips & Tools Treatment Support Group

For information about counseling, social work services or post-treatment programs, call 973-971-6299.

PEER TO PEER

- National Ovarian Cancer Coalition: newjersey@ovarian.org, 973-841-4313
- 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

SMOKING CESSATION PROGRAM

*Tuesdays, 6:00-7:30pm
Morristown Medical Center, Radiation Conference Room, 100 Madison Ave., Morristown, NJ 07960
For more information, call 973-971-7971.*

CHAMBERS CENTER FOR WELL BEING

DEAN ORNISH PROGRAM

*Ongoing
For more information, call 973-971-7230.*

HEALTHY COOKING CLASS

Monthly classes, \$25 per person

OPEN LEVEL YOGA

Ongoing, \$15 per person

STRESS REDUCTION GROUP

Ongoing, \$15 per person

TAI CHI

Ongoing, \$20 per person

VIBRATIONAL SINGING BOWLS

*Ongoing, \$20 per person
Chambers Center for Well Being, 435 South St., Morristown, NJ 07960
For more information, call 973-971-4890.*

JIN SHIN JYUTSU SELF-HELP

Ongoing, \$20

INTERACTIVE METRONOME

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

LIFESTYLE CHANGE PROGRAM

*Day and evening programs
\$775 for the 12-week program*

*Chambers Center for Well Being, 435 South St., Morristown, NJ 07960
For more information, call 973-971-4890.*

MINDFULNESS-BASED STRESS REDUCTION

*Day and evening programs
\$400 for the eight-week program
Chambers Center for Well Being, 435 South St., Morristown, NJ 07960
For more information, call 973-971-4890.*

COMMUNITY HEALTH

ASK THE PHARMACIST: MEDICATION REVIEW

*Tuesday, June 5, 9:00am-Noon; Wednesday, June 20, 1:00-4:00pm
Morristown Medical Center Health Pavilion, 3rd Floor Conference Room, 333 Mount Hope Ave., Rockaway, NJ 07866*

BLOOD PRESSURE AND GLUCOSE SCREENING

*First Friday of the month, Noon-3:00pm
Parsippany ShopRite, 806 Rt. 46 West, Parsippany, NJ 07054
Third Friday of the month, Noon-3:00pm
Wharton ShopRite, 314 NJ-15, Wharton, NJ 07885
Fourth Friday of the month, Noon-3:00pm,
Greater Morristown ShopRite, 178 East Hanover Ave., Cedar Knolls, NJ 07927*

CARFIT SAFETY CHECK

*Tuesday, May 8, 9:00am-3:00pm
Morristown Medical Center Health Pavilion, Parking Lot, 333 Mount Hope Ave., Rockaway, NJ 07866*

HYPNOSIS FOR SMOKING CESSATION

*Thursdays, May 10, July 19 and September 13, 7:00-9:00pm
\$50 for AHS employees; \$70 for non-employees
435 South St., 3rd Floor Conference Room, Morristown, NJ 07960*

DIABETES WELLNESS

DIABETES EDUCATION CLASSES

*Various dates and times
435 South St., Suite 340, Morristown, NJ 07960
For dates and times, call 973-971-5524.*

TYPE 1 AND INSULIN PUMPERS GROUP

*Thursdays, June 7 and August 2, 7:00-8:00pm
Morristown Medical Center, MoTown Cafe, 100 Madison Ave., Morristown, NJ 07960*

TYPE 2 DIABETES SUPPORT GROUP

Thursdays, April 26 and July 26, 7:00-8:00pm
435 South St., Suite 340, Morristown, NJ 07960
No registration required.

▲ PARENTING & CHILDBIRTH

ABCs OF GOING HOME WITH YOUR BABY

Sundays, 8:00am-1:00pm; Mondays, 6:00-8:00pm
\$100 per couple
Morristown Medical Center, 100 Madison Ave.,
Morristown, NJ 07960
For dates and times, call 973-971-5027.

AQUA AEROBICS (6-WEEK SERIES)

Wednesdays, May 2-August 29, 6:45-7:45pm
\$100 for all six classes
Atlantic Rehabilitation, 95 Mt. Kemble Ave.,
Morristown, NJ 07960

BREASTFEEDING YOUR BABY, PART I

Wednesdays, May 2 and 16, June 6 and 20,
August 8 and 22, or September 5 and 19,
6:00-8:30pm
\$50 per couple
Morristown Medical Center,
100 Madison Ave., Morristown, NJ 07960

BREASTFEEDING YOUR BABY, PART II

Wednesdays, May 9 and 23, June 13 and 27,
July 18, August 15 and 29, or September 12
and 26, 6:00-8:00pm
\$35 per couple
Morristown Medical Center, 100 Madison Ave.,
Morristown, NJ 07960

BREATHING AND RELAXATION TECHNIQUES

Thursdays, May 17, June 14, July 19 or
August 30, 6:00-8:00pm
\$50 per couple
Morristown Medical Center, 100 Madison Ave.,
Morristown, NJ 07960
For more information, call 973-971-5027.

ESPECIALLY FOR SIBLINGS AT MORRISTOWN

Saturdays, May 5, June 9, July 14 or August 25,
9:30-11:00am
\$50 per family
Morristown Medical Center, 100 Madison Ave.,
Morristown, NJ 07960
For more information, call 973-971-5027.

GREAT EXPECTATIONS AT MORRISTOWN

Wednesdays, July 11 and 18, 6:00-8:30pm
\$100 per couple
Morristown Medical Center, 100 Madison Ave.,
Morristown, NJ 07960

The two-part class is offered once every other month from 6:00-8:30pm. This is a prepared childbirth class for moms with twins or more.

MATERNITY CENTER TOUR

Various dates and times
Morristown Medical Center, Simon A, 100
Madison Ave., Morristown, NJ 07960
For dates and times, call 973-971-5027.

PREPARED CHILDBIRTH CLASS

Saturdays, May 5 or 12, June 2 or 9, July 14 or
21, and August 18 or 25, 6:30-9:30pm
\$250 per couple
Morristown Medical Center, 100 Madison Ave.,
Morristown, NJ 07960
Sunday classes are also available. For more
information, call 973-971-5027.

PREPARED CHILDBIRTH CLASS (LAMAZE)

Tuesdays, May 8, 15 and 22; June 5, 12 and 19;
July 10, 17 and 24; or August 14, 21 and 28,
6:30-9:30pm
\$150 per couple for three-class series
Morristown Medical Center, 100 Madison Ave.,
Morristown, NJ 07960
For dates and times, call 973-971-5027.

YOUR BABY'S BIRTH AT MORRISTOWN MEDICAL CENTER

Thursdays, May 10, June 7, July 12 or August
23, 6:00-8:30pm
\$75 per couple
Morristown Medical Center, 100 Madison Ave.,
Morristown, NJ 07960
To register, call 973-971-5027.

▲ SENIOR HEALTH

LUNCH AND LEARN: STROKE

Thursday, May 3, Noon-1:00pm
111 Madison Ave., 4th Floor Sports Health
Conference Room, Morristown, NJ 07960

NUTRITION FOR BETTER BONES

Wednesday, May 2, 2:00-3:00pm
435 South St., 3rd Floor Conference Room,
Morristown, NJ 07960

TEA AND TALK OR SCREENING

Thursdays, May 10 and June 14,
10:30am-12:30pm
Randolph YMCA, 14 Dover Chester Road,
Randolph, NJ 07869

YOGA

Wednesdays, 10:30-11:30am
Morristown Medical Center Health Pavilion,
3rd Floor Community Room, 333 Mount Hope
Ave., Rockaway, NJ 07866

▲ SUPPORT GROUPS

HEART FAILURE SUPPORT

Fourth Tuesday of the month, 12:30-2:00pm
Gagnon Cardiovascular Institute, Level C,
Wilf A Conference Room, 100 Madison Ave.,
Morristown, NJ 07960

MALE CAREGIVER SUPPORT GROUP

First Thursday of the month, 7:00-9:00pm
111 Madison Ave., 4th Floor Sports Health,
Morristown, NJ 07960

MILRINONE SUPPORT GROUP

Various dates and times
Gagnon Cardiovascular Institute,
100 Madison Ave., Morristown, NJ 07960
For dates and times, call 973-971-7901.

▲ WEIGHT LOSS

ALLIANCE CENTER FOR WEIGHT MANAGEMENT

Various dates, 6:30-7:30pm
95 Mt. Kemble Ave., Room 561,
Morristown, NJ 07960
For dates, call 973-971-4555.

HYPNOSIS FOR WEIGHT REDUCTION

Thursdays, May 3, June 7, July 12, August 9
or September 6, 7:00-9:00pm
\$50 for AHS employees; \$70 for non-employees
435 South St., 3rd Floor Conference Room,
Morristown, NJ 07960

PERSONALIZED EXERCISE GUIDANCE

For more information and to schedule an
appointment, call 973-971-7166.

ATLANTIC HEALTH SYSTEM'S ANNUAL PUBLIC MEETING will be held on Thursday, July 19, 2018, at 5:00pm in the Malcolm Forbes Amphitheater at Morristown Medical Center (100 Madison Ave., Morristown, NJ 07960). The free event will feature an overview of our latest initiatives and efforts to build healthier communities. There will also be an opportunity for you to ask questions. Seating is limited. Registration preferred but not required. Please arrive 10 minutes early to register or sign in. For more information and to register, call 1-800-247-9580.

Atlantic Health System
475 South St.
Morristown, NJ 07960-6459

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

