

AtlanticView

at Morristown | Winter 2018

MOMENTS THAT MATTER

WALTER OVERCOMES HEART FAILURE

Morristown Medical Center
Celebrates 125 Years

Precision Care for Men

In a Hurry?

Grab a Healthy Bowl



Atlantic Health System
Morristown Medical Center

Your trusted source
for health care
news and events is
getting a makeover:
Well Aware is
now *Atlantic View*
at Morristown.

Greetings,

I am pleased to share that *Well Aware* has a new name: *Atlantic View at Morristown*. This new, local version of the magazine is specially focused on you — our community — and features health tips, news and stories from Morristown Medical Center and our parent company Atlantic Health System.

At the start of the new year, many of us look back and reflect on the year past, what we've accomplished and what we'd like to change. In 2017, we celebrated the 125th anniversary of the founding of Morristown Medical Center and we focused on a "year of building" to better meet your health and wellness needs.

We'll continue to build our programs and footprint in 2018 — an expansion to the Gagnon Cardiovascular Institute will add 72 individual patient rooms and additional technology to support advanced cardiac imaging, our pediatric services will expand and be able to help more families, and we will renovate our cancer center space to add additional infusion stations and clinical space.

This dedication to advancing the health of our community is supported by our clinical and support staff, who deliver exceptional care in a healing environment. In this issue, you'll learn about new technology that lets our doctors more precisely identify prostate cancer, how a minimally invasive heart valve procedure left a 96-year-old with a new spring in his step, a beginning action plan for heart health, and the many options available for colon cancer screening.

You'll also find a calendar of local classes, activities and support groups to keep you active throughout the season. So stay warm, but remember to stay involved and keep improving, too.

I hope you enjoy reading about our great facility, and know we are here for your health care needs.



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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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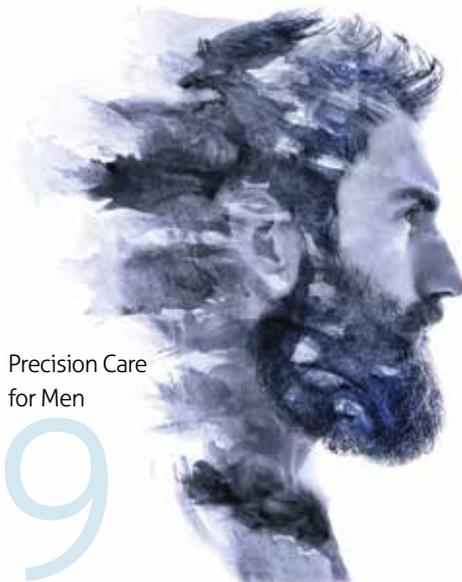
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ATLANTIC HEALTH SYSTEM AND KINDRED HEALTHCARE ANNOUNCE SITE FOR NEW Inpatient Rehabilitation Facility

Atlantic Health System and Kindred Healthcare have announced that their planned inpatient rehabilitation facility will be located at Giralda Farms in Madison, the first phase of a plan to develop a 40-acre parcel of land into a campus for health services.

The two-story, 38-bed rehabilitation facility will be built on approximately 46,000 square feet of land. Atlantic Health System and Kindred plan to break ground in the first quarter of 2018.

It will offer all-private rooms, supporting both enhanced clinical efficiency and an elevated patient experience, with targeted clinical programs that include neurological, spine, trauma and complex conditions. Such conditions include stroke and brain injury; spinal cord injury; neurological disorders; orthopedic disorders; multiple trauma; amputation; and other disabling conditions, injuries and disorders.



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. It covers everything from our state-of-the-art facilities and groundbreaking treatments to healthy lifestyle tips and health care industry trends.

You can view AtlantiCast on the television screens throughout our system as well as at atlanticast.org. It is also available on local news outlets.

AUTOMATED PARKING COMES TO MORRISTOWN MEDICAL CENTER



To make parking easier for patients and visitors, Morristown Medical Center has switched to an automated parking pay system. Guests will now be able to pay for parking with cash, debit or credit cards. However, those who self-park or use valet will still receive paper tickets.

SELF-PARK

If you park your car yourself, you can use any of the automated pay stations in the following areas:

- West and East visitor garages
- Goryeb Children's Hospital lobby
- Simon "A" Maternity entrance

Visitors also have the option of paying at the exit with a credit or debit card.

During peak hours, we encourage guests to pay at the automated stations located in the garages.

VALET

Visitors who choose to valet at Goryeb Children's Hospital, Gagnon Cardiovascular Center and Carol G. Simon Cancer Center can pay at any of the automated stations or cashier windows. Valet runners will then scan the paper ticket to confirm payment and proceed to get your car.

2018: An Epic Year for Atlantic Health System

In past issues, we shared that we are streamlining medical records system-wide with a single electronic system. You may be wondering how this will affect you. I'd like to briefly explain the benefits of the new technology, known as Epic.

Epic will create a single, electronic health record for each patient. Records will securely share information, giving you improved access to your medical files and test results. With your permission, Epic also lets you share your record with your care providers. In this way, it connects practitioners at different types of locations, including physician offices, laboratories, imaging and acute care centers.

By delivering essential information to your care centers and providers, we will improve your experience as a patient. Information in Epic will simplify communication between you and your care team. I personally love having my test results right on my smartphone, keeping questions for my doctor at my fingertips. You'll also find Epic saves time and money by eliminating duplicative activities. In short, Epic is the next step in keeping our promise to you – delivering the right care, at the right time, at the right cost.

Epic is already helping patients at many of our practices. It will become available in February 2018 at Atlantic Home Care & Hospice and Chilton and Overlook medical centers, in June at Morristown Medical Center, and November at Newton and Hackettstown medical centers.

We look forward to delivering this innovation to everyone who entrusts Atlantic Health System with their care.



I personally love having my test results right on my smartphone, keeping questions for my doctor at my fingertips.

Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System

health tips

FLU SURVIVAL GUIDE

Are you ready for winter's annual flu face-off?

As we enter peak flu season, there is still plenty of time to catch the virus – but also time to guard against it. Here are some easy ways to thwart influenza this season:

- » **GET THE FLU SHOT.** The Centers for Disease Control and Prevention recommends that everyone six months of age and older receive a flu vaccine.
- » **USE DISINFECTANT WIPES.** Wipe down high-touch areas at home or in the office to keep exposure to a minimum.
- » **SNEEZE OR COUGH INTO A TISSUE.** Don't use your hands as cover. Use tissues or the crook of your arm instead to limit transmission.



Morristown Medical Center named a Top Teaching Hospital by Leapfrog for the second year in a row.



Become Involved in Clinical Trials at Atlantic Health System

Help Us Improve Medicine

FOR LUPUS

Lupus is a chronic disease in which inflammation causes harm to tissues and organs.

"We're involved in several interesting and exciting studies for our patients with lupus that is difficult to treat," says Neil Kramer, medical co-director of the Institute for Rheumatic and Autoimmune Disease, or IRAD, at Overlook Medical Center. The studies involve new biologic drugs, which work in a targeted fashion at the cellular level, to prevent or limit tissue damage.

To learn more about the lupus studies, call 908-522-6156 or email concetta.lamore@atlantichhealth.org.

FOR OVARIAN CANCER

Atlantic Health System is one of only 12 institutions in the nation to enroll volunteers for a 15-year study. The goal is to see if a specific screening test for ovarian cancer is better than others to detect the condition early. Modern medicine's most promising method of detecting early stages of ovarian cancer is by detecting high levels of the protein CA-125 in a woman's blood. "This study is unique because it looks at the rate of increase in CA-125 levels over time," says Daniel Tobias, MD. "We want to know if a steady increase indicates an early-stage cancer, before the levels are high and it's already a late-stage cancer."

Study volunteers should be postmenopausal women, ages 50-74. There are currently about 800 women enrolled. Participation requires a simple blood test yearly and possibly an ultrasound, plus answering surveys. ▲

To join this study, contact researchers at 973-971-6491 or ovarian.screening@atlantichhealth.org.

For more Atlantic Health System clinical trials and research, please visit research.atlantichhealth.org.



“A hospital is somewhat like a lighthouse. As long as the skies are clear, the light that throws its gleam over the waters is perhaps unappreciated, but let a storm arise and how that beacon light shines like a ray of hope! So it is with the hospital. When the public health is comparatively unbroken, the careful preparation, the nurses ready for service may seem superfluous, but let the storm of an epidemic or the dread of one arise, and the hospital at once assumes its supreme importance.”

CELEBRATING 125 YEARS: WE’RE PROUD OF OUR ROOTS IN THE COMMUNITY

Truer words have never been spoken about Morristown Medical Center, and Mrs. Frederick G. Burnham, vice president of the Women’s Association, delivered this particular quote all the way back in 1900 – just a decade after the hospital was founded.

The hospital might not have existed at all if not for one visionary citizen: Myra Brookfield. In the days before the hospital, local doctors sent patients to Orange or New York City when hospitalization was necessary. However, after receiving such great care locally, Brookfield believed the area needed its own hospital – and she willed her property on DeHart Street to the city so they could establish a hospital upon her death. In honor of her historic impact on our community, a marker was placed on Brookfield’s grave in nearby Evergreen Cemetery and a second sign was erected at the hospital entrance to ensure her legacy lives forever.

While a lot has changed in the past century, one thing remains the same: Morristown Medical Center and Atlantic Health System are dedicated to delivering the highest quality care right here in our backyard. As we have done for the past 125 years, we’re committed to:

- Providing high-quality medical care in a safe and healing environment
- Listening to feedback from the community and families we serve
- Recruiting the best doctors and educating nurses in innovative care delivery techniques
- Investing in cutting-edge, less-invasive technology
- Expanding our community footprint to ensure more people have access to the highest quality care

Here’s to the next 125 years. ▲

MOVING FORWARD

Goryeb Children's Hospital relocates specialties for more patient-centered care

Last year, Goryeb Children's Hospital relocated its pediatric specialty outpatient services to 55 Madison Avenue. The move is one of the latest developments in Atlantic Health System's ongoing mission to improve the patient experience.

PUTTING PATIENTS FIRST

Among the specialties and practices that made the move across the street:

- Cardiology
- Endocrinology
- Gastroenterology
- Nephrology
- Neurology
- Physical Medicine and Rehabilitation
- Adolescent Medicine and Child Psychiatry
- Genetics
- Pulmonology
- Kid-Fit™

According to Walter Rosenfeld, MD, chairman of the department of pediatrics for Goryeb Children's Hospital, patients and visitors can expect a range of new accommodations as a result of the move. "Atlantic Health System is always growing, and moving these specialties to another facility has given us more room to expand our patient services. This relocation – which is just across the street – has made it easier for our patients and staff alike to provide and receive quality care."

The new space features a pediatric outpatient lab and radiology suite along with free parking, gender-neutral facilities, a lactation room, bariatric patient accommodations and a waiting room designed for everyone from babies to teenagers to young adults.

NOT EVERYONE IS MOVING

Although many specialties have made the move, others have remained in the Farris building:

- Rheumatology
- Infectious Disease
- Surgery
- Multispecialty Programs (Craniofacial and Plagio, Spasticity and Gait Disorder, Neuro-Oncology)

Pediatric Hematology/Oncology (Valerie Center) will remain on the second floor of Goryeb. "By giving our specialties and practices more room to thrive, Atlantic Health System is focused on the future. We hope our patients are as excited as we are about all these new developments," says Dr. Rosenfeld. ▲

For more information about patient services at Goryeb Children's Hospital, visit atlantichealth.org/goryeb.

ATLANTIC MEDICAL GROUP

Dr. Rosenfeld is part of Atlantic Medical Group, a multispecialty network of health care providers. Visit atlanticmedicalgroupnj.org.



Walter Ness turned to the cardiovascular experts at Morristown Medical Center to fix his heart.



Taking Quality Care to Heart

Walter Ness spent his career fixing things, but when the one thing broke that he could not repair himself – his heart – he turned to the cardiovascular experts at Morristown Medical Center.

As an engineer for Bell Labs, the moments that mattered most to Walter were making things work. Even after he retired, he continued to enjoy tinkering and repairing things around his home.

“I love using my hands,” Walter explains. “Whenever I’m using my hands and mind, I’m happiest.”

However, Walter’s ability to be “Mr. Fix It” was jeopardized in October 2015, when he began having difficulty getting ready for a routine doctor’s appointment. Paramedics rushed him to Morristown Medical Center, where cardiologist Jordan Safirstein, MD, diagnosed him with congestive heart failure.

Walter immediately worried about not being able to still be a part of his grandchildren’s lives. Fortunately, Dr. Safirstein recommended a consultation with John Brown, MD, an innovative expert in minimally invasive surgical techniques at Morristown Medical Center.

Dr. Brown suggested that Walter receive a transcatheter aortic valve replacement (TAVR) – a minimally invasive procedure designed for patients with severe aortic stenosis who are not candidates for conventional valve repair surgery. So, in February 2016, Walter returned to Morristown Medical Center for the operation.

“I never thought about going any place else for treatment,” Walter says.

A week after the TAVR procedure, Walter was back to being active and working with his hands. Later, he visited New York with his daughter, who was pleasantly surprised by his newfound stamina.

“I was able to walk from Port Authority to the play; then to the restaurant and back,” Walter says proudly. “I wasn’t able to do that without difficulty before I had the procedure.”

Today, at age 96, Walter continues to be active in his grandchildren’s lives, attending their baseball games and music concerts. And, of course, he still finds moments to fix a thing or two. ▲

HOW TO REACH OUR EXPERTS

Dr. Safirstein is part of Atlantic Medical Group, a multispecialty network of health care providers. Visit atlanticmedicalgroupnj.org.

To find out more information about Dr. Brown and Atlantic Health System affiliated providers, visit atlantichealth.org/doctors.

If you participated in or witnessed a moment that you think embodies all that we strive for at Atlantic Health System, mail us at moments@atlantichealth.org. Share a picture, record a video and help us to capture the moments that matter to you.

PRECISION CARE FOR MEN

New technologies improve diagnosis and treatment of prostate cancer

As they age, men know they should be on guard against prostate cancer. But how, exactly? “Many of our patients have questions,” says Sandip Prasad, MD, a urologic oncologist for Morristown Medical Center. “So we have invested in new ways to identify and treat patients at higher risk who are suffering from prostate cancer.”

When a prostate-specific antigen (PSA) test or abnormal prostate exam shows elevated levels, doctors first perform a prostate biopsy that typically samples less than 1 percent of the prostate. But “only 30 percent of first biopsies are positive,” Dr. Prasad says. For men with prostate cancer that is not initially detected, that can mean more blood tests, exams and follow-up biopsies before the true diagnosis can be made. Patients at Morristown Medical Center now have access to MRI-guided fusion biopsy, which lets doctors “identify abnormal areas with much more precision,” Dr. Prasad says.

A NEW HOPE

Once cancer is detected, more men and their doctors are opting for active surveillance based on research demonstrating that, in many men, prostate cancer often grows so slowly that the risks and side effects of treating prostate cancer may outweigh the benefits of removing the cancer. “Thirty-five percent of our patients are now following their prostate cancer, whereas that was 5 percent or less even just a decade ago,” says Dr. Prasad. “That’s because we have more tools, including advanced imaging and genetic and molecular tests, to better estimate the true risk of an individual’s prostate cancer.”

But active surveillance does not have to mean “do nothing.” Morristown Medical Center was selected to be part of the nationwide

ENACT clinical trial, which is testing an FDA-approved drug for prostate cancer to potentially medically treat certain prostate tumors while on active surveillance rather than simply watching them.

Lee Pressler, MD, attending urologist at Morristown Medical Center, says that, “another new advance is trying to minimize the complications of surgery. Morristown Medical Center is the first center in the Northeast to use the PROPEP surgical nerve monitoring system to identify the nerves that control continence, which has shown to result in a significant increase in the urinary control rate in patients post-operatively.”

“It’s an exciting time,” says Dr. Prasad. “In prostate cancer, we have done things the same way for the past 35 years, but now, we can offer patients the newest technologies for identifying, following and treating their disease.”

To learn more about the ENACT trial at Morristown Medical Center, contact Darlene Wendling at darlene.wendling@atlantichhealth.org or call 973-971-5373.

ATLANTIC MEDICAL GROUP

Dr. Prasad and Dr. Pressler are part of Atlantic Medical Group, a multispecialty network of health care providers. Visit atlanticmedicalgroupnj.org.

Are You at Risk for Heart Disease?



CORONARY ARTERY CALCIUM SCANS

A calcium scan detects calcifications in the coronary arteries, which can be an early sign of coronary heart disease. This fast and simple test is performed on a CT scanner and does not require blood draws or IV contrast. All scans are interpreted by a specialist in cardiac imaging affiliated with the Gagnon Cardiovascular Institute. The cost of the scan is \$99.

To schedule this test at one of the Atlantic Health System Radiology sites, please call:

Morristown Medical Center: 973-971-7750

Newton Medical Center: 973-940-8730

Overlook Medical Center: 908-522-2065

**Morristown Medical Center Health Pavilion
at Rockaway: 973-971-7750**

Chilton Medical Center: 973-831-5089

Many people across the country take heart health for granted. Colleen Coughlin, MD, FACC, cardiologist for Atlantic Medical Group, and a leading specialist at the Gagnon Cardiovascular Institute, thinks it's time for some straight talk about cardiac health.

"We're seeing more and more patients with prediabetes, high cholesterol, hormonal disturbances, elevated blood pressure and excessive waist circumference," says Dr. Coughlin. "This is not a good sign. If you – or someone you know – is in one of these higher-risk groups, talk with your primary care physician about screening options."

Dr. Coughlin offers a simple test anyone can conduct at home. Grab a tape measure and wrap it around your waist at the belly button. If your waist measures above 35 inches for women or 40 inches for men, you are likely in a higher-risk category for metabolic syndrome and consequently, heart disease.

For starters, have your blood tested for cholesterol.

If you pass with flying colors, keep doing what you're doing and have it repeated every five years. If your waist circumference, blood sugar or blood pressure is elevated, your primary care physician will help you determine the best action plan.

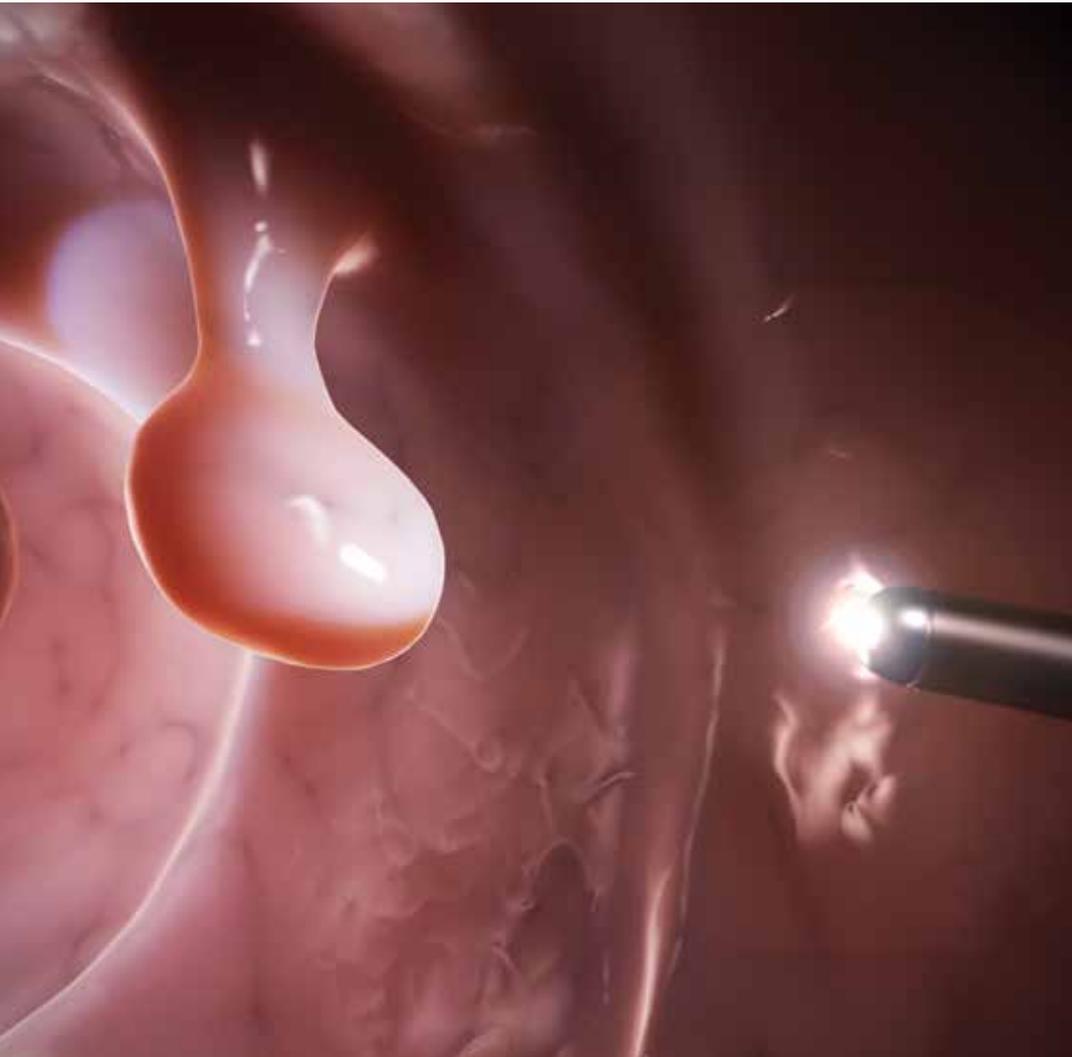
"I would rather see people in our community focus on optimal heart health at a younger age," says Dr. Coughlin. "Eating healthier foods and exercising regularly will reduce your risk from a cardiovascular standpoint." If you smoke or have a family history of heart disease, being proactive with preventive measures can have a big impact in your long-term health. A CT coronary calcification score, a simple, inexpensive test, can identify individual risk.

February is Heart Health Month, so there's no time like the present to call your doctor to schedule an appointment to discuss your heart health. 

For more information, call 973-971-8900 or visit atlantichealth.org/gagnon.

ATLANTIC MEDICAL GROUP

Dr. Coughlin is part of Atlantic Medical Group, a multispecialty network of health care providers. Visit atlanticmedicalgroupnj.org.



Colon Cancer Awareness

Knowing symptoms is the first step to prevention

Colon health awareness is in the midst of a “good news-bad news” conundrum. The good news: Awareness is at an all-time high, with national campaigns and regular physician reminders emphasizing the importance of colon cancer screenings.

But while awareness is on the rise, colon cancer remains a leading cause of death – it’s No. 2 among men and No. 3 for women. And what’s most concerning is an increase in colorectal cancer at earlier ages.

“We are starting to see a younger trend,” says Donna Seidman, RN, BSN, CHPN, gastrointestinal nurse navigator for Overlook Medical Center. “The majority of patients we see range in age from their mid-40s and up. However, we’re starting to see individuals in their late 20s to early 30s. No matter your age, have a conversation with your physician. Evaluation is critical if symptoms are present.”

March is Colon Cancer Awareness Month. Regular checkups can catch colon cancer early and improve treatment outcomes.

The best prevention? Regular checkups. You have a better chance of cancer prevention when a physician understands your family history and establishes a colon health baseline. Talk to your doctor to determine which test is best for you. Tests could include a home screening test, fecal occult blood or immunochemical testing, or in-hospital screenings such as a colonoscopy, sigmoidoscopy, barium enema or virtual colonoscopy, all of which are available throughout Atlantic Health System.

It’s also important that you monitor yourself daily, for symptoms such as:

- **Rectal bleeding or blood in the stool**
- **Changes in bowel habits, including diarrhea or constipation**
- **Changes in stool consistency that lasts longer than four weeks**
- **Persistent abdominal discomfort such as cramps, gas or pain**
- **A feeling that your bowel does not empty completely**
- **Weakness or fatigue**
- **Unexplained weight loss**

If you experience any of these symptoms, talk to your primary care doctor right away to determine the next steps needed for complete evaluation. ▀

ATLANTIC MEDICAL GROUP

Dr. Chinn is part of Atlantic Medical Group, a multispecialty network of health care providers. Visit atlanticmedicalgroupnj.org.

In a Hurry? Grab a Healthy Bowl

A new food trend offers more convenience

The next time you stop at your favorite fast-casual restaurant, do not be surprised to see a section dedicated to bowls. More and more eateries have been tweaking their menus to accommodate guests looking for a faster dining alternative.

But even though these options may seem more appealing, the same healthy nutrition rules apply.

"Bowls are convenient, but not all of them are healthy," says Mary Finckenor, registered dietitian for Morristown Medical Center. "There are acai bowls, burrito bowls, veggie bowls, rice bowls and others. Some are full of nutrition, and others aren't."

A STRAIGHTFORWARD CHOICE

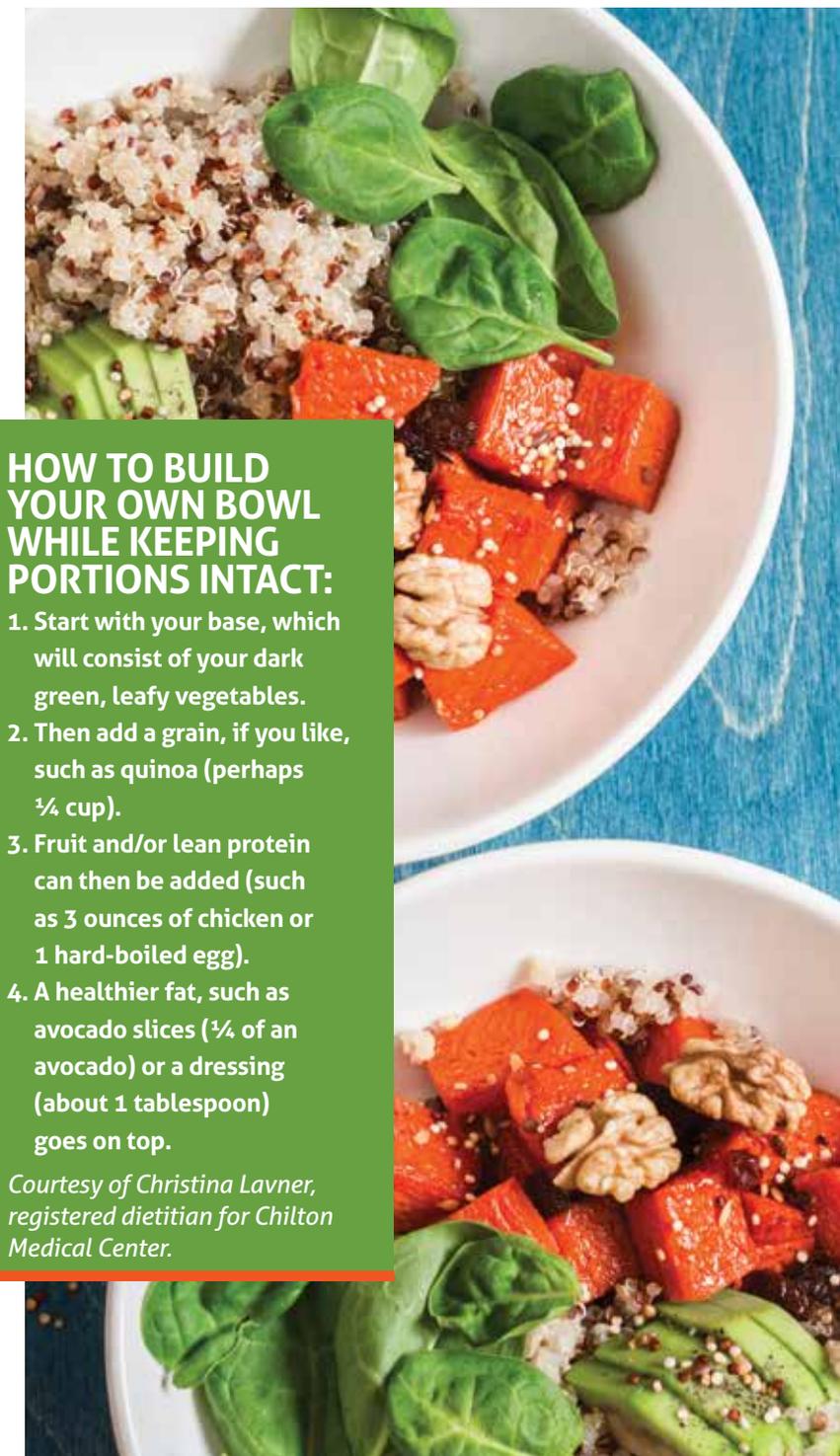
Picking a healthy bowl can be as simple as looking at the ingredients list. If the bowl is mostly fruits, vegetables or lean proteins, you're probably in the clear. If you spot fried chicken, cheese and other fatty culprits, then you should be wary.

"Always do your research," says Sabrina Lombardi, clinical nutrition coordinator of Food and Nutrition Services for Newton Medical Center. "If a restaurant offers the option of creating your own bowl, that's even better; you can control what goes in it."

THE BEST OF BOTH WORLDS

So why are bowls popping up everywhere? Convenience is one reason, notes Jane DeWitt, clinical nutrition coordinator of Food and Nutrition services for Hackettstown Medical Center. In an always-connected world, it can be difficult making time for yourself – including time to eat. A grab-and-go option that's easy to take back to your desk is a natural result of hectic lifestyles.

"When you're busy, you don't want to waste time," Finckenor says. Knowing that you can grab or create a healthy bowl and be on your way is just more appealing than sitting down and waiting for food. As long as you make the right choices, you can have the best of both worlds: convenience and nutrition." ◀



HOW TO BUILD YOUR OWN BOWL WHILE KEEPING PORTIONS INTACT:

1. Start with your base, which will consist of your dark green, leafy vegetables.
2. Then add a grain, if you like, such as quinoa (perhaps $\frac{1}{4}$ cup).
3. Fruit and/or lean protein can then be added (such as 3 ounces of chicken or 1 hard-boiled egg).
4. A healthier fat, such as avocado slices ($\frac{1}{4}$ of an avocado) or a dressing (about 1 tablespoon) goes on top.

Courtesy of Christina Lavner, registered dietitian for Chilton Medical Center.



Rendering of the two additional floors on Gagnon Cardiovascular Institute.

Expanding Cardiac Care

An eight-mile bike ride, weights and a two-mile run – sounds like someone training for a race, right? Not Lou Nosti. That workout was his go-to four days a week. The 60-year-old fitness fanatic was the last person friends, family and even doctors expected to show up at Gagnon Cardiovascular Institute with three blockages in two main arteries.

Cardiologist Barry Lowell, MD, explained his patient's condition as "a fatal heart attack just waiting to happen." Today, Lou says he's in better shape than ever and describes his experience at Gagnon as "absolutely exceptional. I was so impressed with how the medical team assigned to my case knew every detail so well."

Patients like Lou make the expansion of Gagnon Cardiovascular Institute an imperative. Each day, Gagnon operates at almost 99

percent occupancy. Annually, its physicians perform over 3,600 cardiac surgery and rhythm management procedures, and that number is growing.

"Virtually all aspects of our program have been so successful that we have patients in the Sameth Emergency Department waiting for beds and also waiting for outpatient procedures," says Linda Gillam, MD, MPH, Dorothy and Lloyd Huck Chair of Cardiovascular Medicine. "We have outstripped our capacity for advanced imaging specifically for cardiac MRI at the same time that non-cardiac MRI applications have grown."

Looking toward 2022, the projected patient volume is expected to exceed a 100 percent increase. Without expansion, Gagnon would only be able to handle approximately 10 percent.

To fully meet that demand, two new floors will be added to the existing building. The additional 55,400 square feet will add 72 private patient rooms, bringing the facility's total bed count to 180. The expansion will bring all aspects of cardiac health care under one roof, giving patients a smoother hospital experience and improving safety, efficiency and workflow. Gagnon will also purchase another MRI exclusively for cardiac patients.

The goal is to be leaders in heart care for the good of our patients. "This expansion will allow us to continue to attract the best luminaries, pilot studies, clinical trials and groundbreaking research applications available in cardiovascular care," says Dr. Gillam. "We have so much to be proud of here, and the patient experience is the best, bar none." ▲

To offer your support to this project, please contact Lee Williamson at the Foundation for Morristown Medical Center at 973-593-2429 or lee.williamson@atlanticealth.org.

CANCER CARE

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

WRITING TO HEAL

Saturday, January 6, 9:30am-12:30pm
Morristown Medical Center, 100 Madison Ave.,
Mind/Body/Spirit Room, Morristown, NJ 07960

CHAMBERS CENTER FOR WELL BEING

DEAN ORNISH PROGRAM

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

HEALTHY COOKING CLASS

Monthly classes, \$20 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
or visit chamberscenterforwellbeing.org
or calendar.atlantichealth.org.

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
or visit chamberscenterforwellbeing.org
or calendar.atlantichealth.org.

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
or visit chamberscenterforwellbeing.org
or calendar.atlantichealth.org.

COMMUNITY HEALTH

BLOOD PRESSURE & 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

FIGHTING FRAUD

Wednesday, March 28, 10:30-11:45am
Morristown Medical Center Health Pavilion, 3rd
Floor Community Room, 333 Mount Hope Ave.,
Rockaway, NJ 07866

NOT SOMETHING TO SNORE ABOUT

Tuesday, March 6, 1:00-2:00pm
435 South St., 3rd Floor Conference Room,
Morristown, NJ 07960

DIABETES WELLNESS

DIABETES EDUCATION CLASSES

Group Sessions; Thursdays, 1:00-3:30pm and
5:00-7:30pm (group sessions)
Diabetes and Endocrine Institute, 435 South St.,
Suite 340, Morristown, NJ 07960
For more information on individual sessions
(Mon-Fri) and/or joining a group session,
please call 973-971-5524.

GESTATIONAL DIABETES EDUCATION CLASSES

Mondays, 4:00-6:30pm
Diabetes and Endocrine Institute, 435 South St.,
Suite 340, Morristown NJ 07960

MEDICAL NUTRITION COUNSELING

Diabetes and Endocrine Institute, 435 South St.,
Suite 340, Morristown, NJ 07960
For more information, call 973-971-5524.

TYPE 1 AND INSULIN PUMPERS GROUP

Thursdays, February 1 and April 5, 7:00-8:00pm
MoTown Cafe, Morristown Medical Center, 100
Madison Ave., Level B, Morristown, NJ 07960

TYPE 2 DIABETES SUPPORT GROUP

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

HEART HEALTH

SUCCESS WITH HEART FAILURE

Friday, February 2, 10:00-11:00am
Lakeland Hills Family YMCA, 100 Fanny Road,
Mountain Lakes, NJ 07046

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, January 3-March 28, 6:45-7:45pm
\$100 for all six classes
Atlantic Rehabilitation, 95 Mt. Kemble Ave.,
Morristown, NJ 07960

BREASTFEEDING YOUR BABY, PART I

Wednesdays, January 3 and 17; February 7
and 21; March 7 and 21, 6:00-8:30pm
\$50 per couple (Part 1 fee waived if taking a One-
Day Prepared Childbirth course—partners welcome)
Morristown Medical Center, 100 Madison Ave.,
Morristown, NJ 07960

BREASTFEEDING YOUR BABY, PART II

Wednesdays, January 10 and 24; February 14
and 28; March 14 and 28, 6:00-8:00pm
\$50 per couple
Morristown Medical Center, 100 Madison Ave.,
Morristown, NJ 07960

BREATHING AND RELAXATION TECHNIQUES

Thursdays, January 18, February 22 and
March 15, 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, January 13, February 10 and March
10, 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

Monday, January 29, and Tuesday, January 30
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 6:00pm–8:30pm. This is a prepared
childbirth class for moms with twins or more.

NEW MOM'S SUPPORT GROUP

Meets Fridays 10:00-11:30am twice a
month at Morristown Medical Center Parent
Education Room on Simon A. For more
information, call Sandye Rudnitzky, LCSW, at
973-971-6791. No charge to attend.

PREPARED CHILDBIRTH CLASS

Tuesdays, January 9, 16 and 23; February 6,
13 and 20; and March 6, 20 and 27,
6:30-9:30pm
\$250 per couple
Morristown Medical Center, 100 Madison Ave.,
Morristown, NJ 07960
For more information, call 973-971-5027.

PREPARED CHILDBIRTH CLASS (LAMAZE)

Topics include stages of labor, comfort
measures including breathing and relaxation
techniques, partner's role, medication options,
hospital stay, and cesarean birth. A hospital
tour is included.
Saturdays, January 13 and 20; February 10
and 24; and March 3 and 24, 8:00am-4:00pm;
Sundays, January 14 and March 11, 9:00am-
5:00pm; February 25, 8:00 am-4:00pm
\$250 per couple for 2-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, January 11, February 8 and March 8,
6:00-8:30pm
\$75 per couple
Morristown Medical Center, 100 Madison Ave.,
Morristown, NJ 07960
To register, call 973-971-5027.

CAR SEAT INSPECTIONS

Visit [www.preventionworks-nj.org/
car-seat-inspection-stations](http://www.preventionworks-nj.org/car-seat-inspection-stations)
for information on where to get
free car seat inspections.

SENIOR HEALTH

AARP SMART DRIVER COURSE

Tuesday, March 20, and Wednesday, March 21,
9:00am-12:30pm
\$20 for members; \$25 for nonmembers
Morristown Medical Center Health Pavilion, 3rd
Floor Community Room, 333 Mount Hope Ave.,
Rockaway, NJ 07866

LINE DANCING

Fridays, February 23 and March 2, 9 and 16,
3:00-4:00pm
\$35 for all four classes
Morristown Medical Center, Health Pavilion,
3rd Floor Community Room,
333 Mount Hope Ave., Rockaway, NJ 07866

TEA AND TALK ... OR SCREENING

Thursdays, January 11, February 8 and March 8,
10:30am-Noon
Randolph YMCA, 14 Dover Chester Road,
Randolph, NJ 07869

WINTER WALKING SAFETY FOR SENIORS

Wednesday, January 10, 1:00-2:00pm
435 South Street, 3rd Floor Conference Room,
Morristown NJ 07960

SUPPORT GROUPS

OVEREATERS ANONYMOUS

Mondays, 6:00-8:00pm
435 South St., 3rd Floor Conference Room,
Morristown, NJ 07960

STROKE SURVIVOR AND CAREGIVER SUPPORT GROUP

Third Thursday of the month, 1:00-3:00pm
95 Mt. Kemble Ave., Morristown, NJ 07960

WOMENHEART

Second Thursday of the month, 2:00-4:00pm
or 6:00-8:00pm
Gagnon Cardiovascular Institute, Schering
Plough Conference Room, 100 Madison Ave.,
Morristown, NJ 07960

WEIGHT LOSS

ALLIANCE CENTER FOR WEIGHT MANAGEMENT

Tuesdays, January 2 and 9, 6:30-7:30pm
95 Mt. Kemble Ave., Room 561, Morristown,
NJ 07960
For more information, call 973-971-4555.

