

# AtlanticView

at Hackettstown | Spring/Summer 2018

MOMENTS THAT MATTER

## SURVIVING A STROKE

READ LINDSEY'S STORY

Letters of Gratitude  
from Our Patients

It's All About You



Atlantic Health System  
Hackettstown Medical Center

Greetings,

I am very proud to let you know that Hackettstown Medical Center has been ranked among the top hospitals with 350 beds or fewer by New Jersey doctors, according to Castle Connolly Medical Ltd., and reported in *Inside Jersey* magazine. This reflects on the quality of our physicians, facility and all our staff who strive to provide the best care for you every day.

Hackettstown Medical Center also ranked as a top performer in seven categories: breast cancer, congestive heart failure, hip and knee replacement, neurological disorders, pain management, prostate cancer and stroke.

In this issue, you'll learn that, as part of our ongoing commitment to providing easier access to quality care, we've partnered with Advanced ICU Care® to offer the most advanced critical care telemedicine program available to our Intensive Care Unit patients. And, we have implemented Twiage, an app that allows EMTs to communicate with the hospital's emergency department in real time to prepare for incoming patients. You will also discover how Hackettstown Medical Center's team of physicians recognized that a 31-year-old woman was having a stroke, despite her young age, and got her the care she so urgently needed in order to recover.

You'll also find a calendar of local classes, activities and support groups to keep you active throughout the spring and summer.

I hope you enjoy the change of season, and know we are here for your health care needs.



**JOSEPH DIPAOLO**  
President,  
Hackettstown Medical Center

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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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# 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](http://atlanticcast.org). It is also available on local news outlets, including News12, Fios1, Patch and TapINTO.



## FORTUNE 100 BEST COMPANIES TO WORK FOR 2018 10<sup>th</sup> YEAR IN A ROW

### 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<sup>®</sup>" 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.**



## HACKETTSTOWN MEDICAL CENTER RANKED A TOP HOSPITAL BY NJ DOCTORS

New Jersey doctors have ranked Hackettstown Medical Center among the top hospitals in the state, according to Castle Connolly. The hospital is also ranked a top performer in the following treatment categories: breast cancer, congestive heart failure, hip and knee replacements, neurological disorders, pain management, prostate cancer and stroke.

## 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](http://atlantichealth.org/patient-portals).**

## A New Standard of Around-the-Clock Intensive Care

In the Intensive Care Unit (ICU), every second counts, no matter the hour or the day. That is why Hackettstown Medical Center has partnered with Advanced ICU Care® to offer patients the most advanced critical care telemedicine program available.

Working collaboratively with doctors and nurses at your bedside, Advanced ICU Care intensivists (doctors with special training in critical care) and critical care specialists use computer technology to monitor your condition every minute of the day, adding an extra layer of care. This team also helps to manage your care when your bedside

physician cannot be present, including at night and on the weekends.

The Advanced ICU Care team works from a remote operations center around the clock, complementing the care provided by Hackettstown Medical Center physicians. Connected by two-way video in each patient room through a TV screen mounted on the wall, the intensivists can engage in face-to-face consultation with the bedside team at any time. ◀

**For more information about the ICU telemedicine program, call 973-831-5155.**



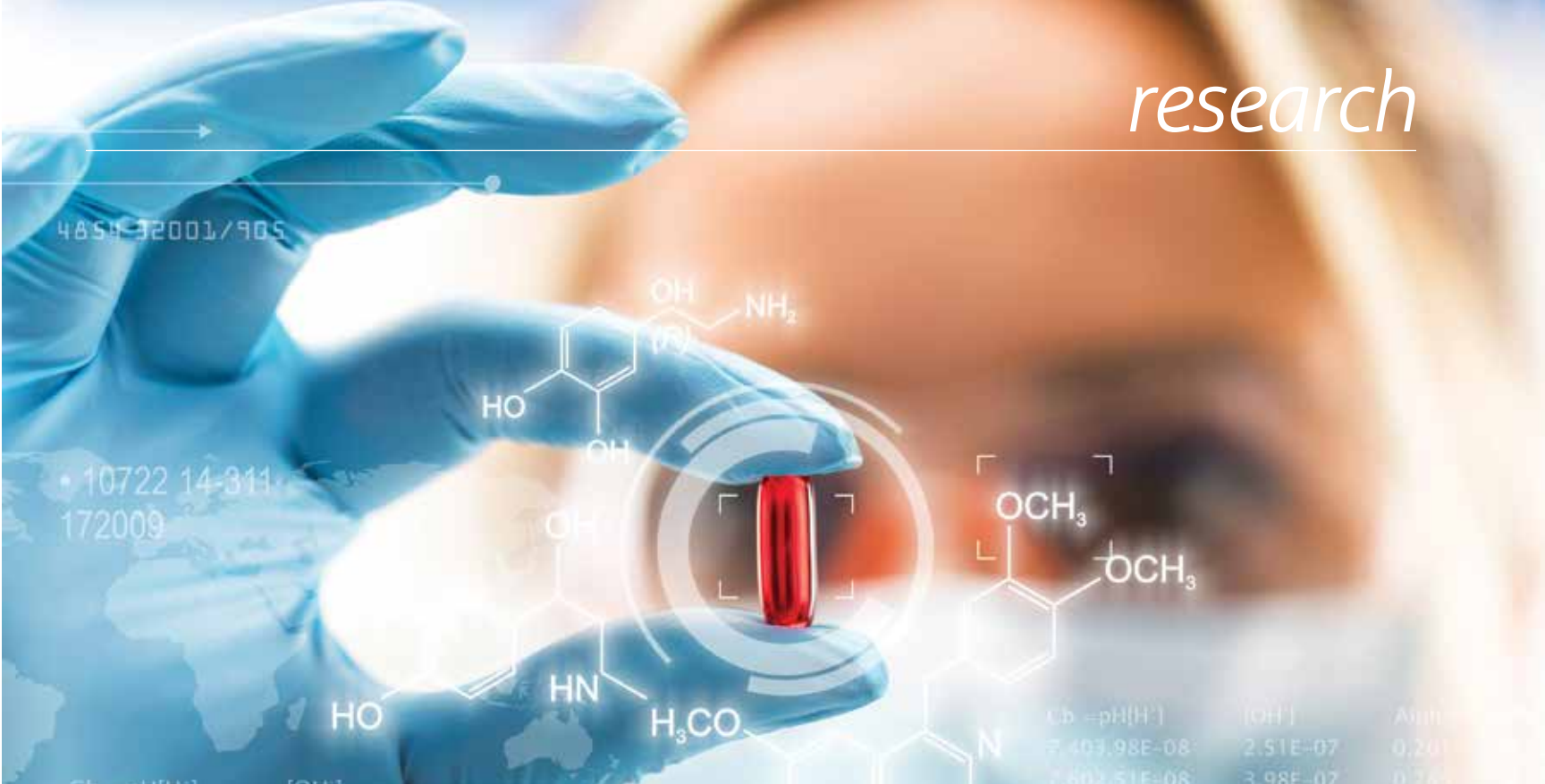
## AT A MOMENT'S NOTICE

EMS units use phone app to accelerate hospital emergency department readiness

In a medical emergency, such as a stroke or a heart attack, getting needed care fast is paramount. A new application called Twiage, used by Emergency Medical Services (EMS), allows transport units to provide detailed information to hospitals about a patient's condition before arriving at the emergency department (ED).

In addition to sending information about the patient's condition, Twiage can send photos, EKGs, or videos in real time so EDs are prepared for the patient's arrival. Hospital specialists can also be notified ahead of time. For instance, if the incoming patient has had a stroke, Twiage alerts the hospital's stroke coordinator.

Prior to the use of Twiage, hospitals used the public frequency HEAR (Hospital Emergency Ambulance Radio) system. The new Twiage technology gives EMS a more broad and interactive way to communicate with the ED. ◀



# 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](http://atlantichealth.org/research) for more information.**

*Moments That Matter*



# SURVIVING A STROKE

Quick medical response gives mom her life back

**C**arotid artery dissection.

It's one of the most common causes of stroke in younger adults. And while you might not associate the word "stroke" with younger patients, the condition – if not treated immediately – could lead to paralysis and even death.

Lindsey Singh can attest to the importance of immediacy. The 31-year-old mother of two from Flanders experienced vision disturbances in her right eye during a spin class on April 7, 2017.

"I knew right away something wasn't right," says Lindsey, who was aware of stroke symptoms following a transient ischemic attack (TIA) three years earlier. "First it was my vision; then my right side got weak. In a strange way, the previous event alerted me to act quickly."

Lindsey immediately called her husband, Avtar, who brought her to Hackettstown Medical Center, where her incredible journey began. A CT scan revealed no noticeable concerns, but the Hackettstown team was not convinced. Following a CT angiogram, doctors determined there was a tear in her carotid artery (large blood vessel to the brain) and it was 90 percent blocked.

"It's rare for someone that young to have stroke symptoms, so missing the diagnosis would have been catastrophic," says Hackettstown emergency room physician

Maulik Trivedi, MD. "Once we knew what we were dealing with, we moved fast."

Lindsey was transported by medical helicopter to the Comprehensive Stroke Center at Overlook Medical Center in Summit, where she underwent several angiograms to assess her arteries before stroke specialists placed a stent in her neck to open the occlusion.

"With cases like this, we usually treat the issue medically, but the medical therapy failed with Lindsey," says Paul Saphier, MD, an endovascular neurosurgeon for Overlook Medical Center. "She went from bad to worse quickly."

Her right arm went numb, her speech was slurred, and she was confused – all indicators of an imminent traumatic stroke. "It was a life-or-death moment," says Avtar. "It felt like our lives were on the brink of falling apart – then Dr. Saphier joined Lindsey's medical team."

Dr. Saphier recommended a complex procedure that would offer Lindsey the best chance of surviving. During the high-risk surgery, complicated by Lindsey's fragile vascular system (which she later learned was due to a rare genetic syndrome called Ehlers-Danlos), Dr. Saphier successfully prevented a debilitating stroke.

"At the time, I wondered if I would ever make it out of the hospital," says Lindsey.

"I wouldn't be here today for my children if it wasn't for Dr. Saphier."

– Lindsey Singh

"But then Dr. Saphier saved my life. I wouldn't be here today for my children if it wasn't for Dr. Saphier."

Following surgery, Lindsey made an awe-inspiring recovery. She quickly progressed through therapy and began taking steps and speaking fluidly within a month. And just six months after surgery, she resumed much of her normal life and continues to make progress in the last leg of therapy to strengthen her right arm and hand.

"I can't thank everyone enough – the doctors and nurses at Hackettstown and Overlook were wonderful," says Lindsey. "They helped me get my life back. And I'm forever grateful." ▲

# LETTERS OF GRATITUDE FROM OUR PATIENTS



From left, all from Hackettstown Medical Center: Roberta Kovach, Executive Chef; Donna Marie Watridge, Chief Nursing and Operations Officer; Joe DiPaolo, President; and Jane DeWitt, RD, Clinical Nutrition Coordinator.

*Mitchell/Jane,*

On behalf of our seniors here at Hackettstown Senior Housing at 681 Willow Grove, we would like to thank you and the staff that made this possible. Our seniors were really happy and thankful they had a turkey meal. Even today, I had residents thanking me for the great meal that you had provided.

Again, I can't thank you enough for adding our seniors here to your list. Some of them have no family, and they are so grateful.

Thank you - have a great day!  
God Bless,

Isabell DeSouza  
Property Manager  
Hackettstown Seniors  
Urban Dev.



The Joan Knechel Cancer Center

When I arrived yesterday, I was greeted by a young woman (tall, slim, long dark hair) at registration who was overjoyed to see me and came along with me to see how I have been doing. I had to have a CT and bone scan done, and radiology was wonderful. I was truly exhausted and sleepy, and Vera set me up for a nap in an empty room with a cot and heated blankets while I waited to take my scan (one hour after taking the last dose of barium) and Brian was so kind and caring, as well. What a great team they are. I'd also like to include mention of the good people at the Joan Knechel Cancer Center and the Infusion Center, particularly Richelle and Johnna. They were my introduction to cancer care and have a very special place in my heart.

I wouldn't wish this on anyone I know, but if you have to go through it, HMC is the place to be. It has so much to do with the good attitude I've been able to maintain.

- Kevin





# Ask the Expert

## What Foods Are Good for My Heart?

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Bijal Dave, MD, is a family physician specializing in diet-oriented treatment of chronic diseases and a medical staff member at Atlantic Health System's Hackettstown and Newton medical centers.

### **Q. WHAT FOODS ARE GOOD FOR MY HEART?**

**A.** A heart-healthy diet is not only good for our heart but also for our waistline and our pockets in the long term. Eating certain foods on a regular basis can certainly reduce the risk of heart disease.

**Turmeric:** The yellow spice that gives Indian curries their distinctive color has been known for its medicinal properties in the Indian subcontinent for thousands of years. Science is now backing up that curcumin, turmeric's active compound, has a plethora of health benefits.

It can benefit the heart in multiple ways. It has heavy-duty antioxidant, anti-inflammatory and antiplatelet activity, which means it not only lowers inflammatory changes that are the root cause of heart disease, but it also acts as a blood thinner, which prevents clot formation in heart disease. It also helps in the repair of cardiac muscle after a cardiac event occurs.

**Fish:** Those high in omega-3s, such as Atlantic mackerel, salmon, sardines, herring, trout – and cod liver oil – should be consumed at least thrice weekly for optimum heart benefits. Omega-3 fatty acids may decrease triglycerides, lower blood pressure slightly, reduce blood clotting, decrease stroke and heart failure risk, and reduce irregular heartbeats.

**Nuts:** Walnuts, almonds, pistachios ... munch on a handful of them, a couple of times a week, and you will be doing the old "ticker" a big favor. They are also rich in fiber and plant sterols, which reduce cholesterol; vitamin E, which helps reduce the development of plaque in arteries; and L-arginine, which improves the flexibility of arterial walls, thereby reducing incidence of narrowing and making one less prone to blood clots. ▀



## Soothing Paws®

### Pet Therapy Is Worth Barking About

**H**ealth 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](http://atlantichealth.org/pettherapy).**

# NO MORE WHISPERS

It's time to talk about mental health issues

**F**or 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](mailto: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 [atlantichealth.org](http://atlantichealth.org).**

# FOUNDATION NEWS

## The Foundation for Hackettstown Medical Center: Involved in Our Community

The Foundation for Hackettstown Medical Center continues to fill a vital role in supporting the hospital as it works to serve our community. We strive to join in local events and meet with our donors and supporters as often as we possibly can. Remember, ALL donations made to the Foundation for Hackettstown Medical Center remain LOCAL and assist in funding new and innovative programs and services at Hackettstown Medical Center.

Spring is a busy time – look for the Foundation for Hackettstown Medical Center at these community events and fundraisers.

**Hackettstown Spring Festival – Friday-Sunday, May 4-6** – Hackettstown Medical Center will have a big presence at this time-honored community event that is held on the grounds behind Centenary University. Look for our tent and join us for interactive fun as you learn about Hackettstown Medical Center's programs and services.

**Annual Wine & Roses Gala – Thursday, May 17** – Join the Foundation for Hackettstown Medical Center as we partner with Newton Medical Center's foundation to host this year's Wine & Roses event at the Lackland Center at Centenary University. Proceeds to benefit the foundations. Call 973-579-8553 for more information.

**Senior Hall of Fame – Tuesday, May 22** – We're pleased to honor deserving senior volunteers in the Hackettstown area via this yearly luncheon and induction ceremony. Visit [hrmcnjfoundation.org](http://hrmcnjfoundation.org) for a nomination form and more information.

**32nd Annual Foundation for Hackettstown Medical Center Golf Classic – Monday, June 4** – Scenic Panther Valley Golf & Country Club is once again the site of this popular golf outing that is the foundation's second largest annual fundraiser.



The Foundation and other Hackettstown Medical Center staff members enjoy the opportunity to meet and greet the community in Hackettstown's festive, interactive tent at the annual Hackettstown Spring Festival. The event is held each May on the grounds behind Centenary University.



Each May, the Foundation for Hackettstown Medical Center hosts their annual Senior Hall of Fame Induction Luncheon, which honors area seniors for their volunteerism. Pictured from left to right: Joe DiPaolo, President of Hackettstown Medical Center; Senior Hall of Fame Inductee Richard Kennedy; and event emcee, Russ Long, formerly of WRNJ Radio.

### Save the Dates

Sunday, August 26 - Colors for Cancer Run/Walk  
Saturday, November 17 - Holiday Lights Festival

For more information about the Foundation for Hackettstown Medical Center and any of the community activities listed, please call 908-850-6876 or visit [hrmcnjfoundation.org](http://hrmcnjfoundation.org).

## BEHAVIORAL HEALTH

### ARE YOU DREAMING OF A GOOD NIGHT'S SLEEP?

A good night's sleep is one of the cornerstones of good health. Sleep specialist Alicyn Link will discuss the importance of sleep, the signs and symptoms of sleep disorders, and new research about the cycle of sleep deprivation and weight gain. Preregistration is required. To register, call 908-850-6935.

*Tuesday, May 1, 6:30-7:30pm  
Sussex County Library, Louise Childs Branch,  
21 Stanhope Sparta Road, Stanhope, NJ 07874*

### EMOTIONAL WELLNESS

Learn about strategies for managing stress and maintaining emotional wellness.

*Thursday, May 17, 6:00-7:00pm  
Hackettstown Medical Arts Building,  
Center for Healthier Living, 108 Bilby Road,  
Suite 101, Hackettstown, NJ 07840  
Preregistration is required. To register,  
call 908-850-6935.*

## COMMUNITY HEALTH & SCREENINGS

### BABYSITTING BASICS

This program emphasizes the importance of babysitting responsibilities for the new babysitter.

*Mondays, May 7 and 14, or June 4 and 11,  
5:30-8:30pm  
\$45 for two-part session  
Hackettstown Medical Arts Building, Center for  
Healthier Living, 108 Bilby Road, Suite 101,  
Hackettstown, NJ 07840  
Preregistration is required. To register, call  
908-850-6935.*

### DON'T GET SCAMMED

A representative from the New Jersey Division of Consumer Affairs will speak about common consumer fraud issues and how to avoid getting scammed.

*Tuesday, July 24, 10:30-11:30am  
Hackettstown Medical Arts Building, Center for  
Healthier Living, 108 Bilby Road, Suite 101,  
Hackettstown, NJ 07840  
Preregistration is required. To register,  
call 908-850-6935*

### STROKE: AN INTERACTIVE OVERVIEW

Stroke can strike anyone, in any place, at any time. Please join us for a fun and interactive lecture so you can help not only yourself but others as well.

*Tuesday, May 22, 6:00-7:00pm  
Hackettstown Medical Arts Building, Center for  
Healthier Living, 108 Bilby Road, Suite 101,  
Hackettstown, NJ 07840  
For more information, call 908-850-6935.*

### SMOKING CESSATION

A six-week program led by a certified tobacco treatment specialist. A smoking assessment is required to participate.

*Various dates, 5:00-6:00pm  
Hackettstown Medical Center, 651 Willow  
Grove St., Hackettstown, NJ 07840  
For more information, call 908-979-8797.*

### TICK-BORNE DISEASES IN NEW JERSEY

Join infectious disease specialist Dr. Donald Allegra to learn about symptoms and treatment options for diseases commonly transmitted by ticks. The Warren County Health Department will share tips on prevention and what to do in case of a tick bite.

*Wednesday, June 13, 6:00-7:00pm  
Hackettstown Medical Arts Building, Center for  
Healthier Living, 108 Bilby Road, Suite 101,  
Hackettstown, NJ 07840  
For more information, call 908-979-8848.*

## DIABETES WELLNESS

### DIABETES SUPPORT GROUP

*Mondays, May 28, June 25, July 23 and  
August 27, 7:00-8:00pm  
Hackettstown Medical Center, 651 Willow  
Grove St., Hackettstown, NJ 07840  
For more information, call 908-979-8848.*

### LIFESTYLE CHANGES FOR PREDIABETES AND DIABETES MANAGEMENT

Get information on steps you can take to prevent diabetes. This specially designed workshop is led by a registered dietitian.

*Various dates and times  
Hackettstown Medical Arts Building,  
Center for Healthier Living, 108 Bilby Road,  
Suite 101, Hackettstown, NJ 07840  
For dates and times or to register,  
call 908-850-6935.*

## HEART HEALTH

### HEALTHY HEARTS

This group is for individuals with cardiac diseases such as congestive heart failure, high blood pressure and coronary artery disease. *Wednesdays, May 2, June 6 and August 1, 12:30-1:30pm  
Hackettstown Medical Center, 651 Willow Grove St., Hackettstown, NJ 07840  
For more information, call 908-850-6819.*

### HEART HEALTH PROGRAMS

- AHA e-Learning Option
  - BLS for Healthcare Provider
  - CPR for Family and Friends
  - Heartsaver CPR AED
  - Heartsaver First Aid
  - Pediatric First Aid CPR AED
- Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840  
For more information and registration, visit [atlanticambulance.org](http://atlanticambulance.org).*

### THE MEDITERRANEAN DIET

Learn about the foods and health benefits of a Mediterranean diet and enjoy a taste as well.

*Wednesday, June 20, 6:00-7:00pm  
Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840.  
Preregistration is required. To register, call 908-850-6935.*

## PARENTING & CHILDBIRTH

### BREASTFEEDING EDUCATION

Bring a doll to practice with.

*Tuesday, May 8, 6:30-9:00pm  
\$40 per couple.  
Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840  
For more information, call 1-800-247-9580.*

### CHILDBIRTH EDUCATION

Please bring a lunch and snacks with you. *Saturday, July 14, 8:30am-3:30pm  
\$130 per couple  
Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840.  
To register, call 1-800-247-9580.*

## NEWBORN BABY CARE EDUCATION

Tuesday, August 14, 6:30-8:30pm

\$30 per couple

Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840  
To register, call 1-800-247-9580.

## SENIOR HEALTH

### AARP SAFE DRIVING (2-DAY CLASS)

This two-day course covers several driving issues. Completion of this course may qualify you for a reduction in your insurance premium or point reduction. Preregistration is required.

Tuesday, May 15; Wednesday, May 16,

9:00am-12:30pm

\$15 for AARP members; \$20 for non-members

Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840  
Preregistration is required. To register, call 908-850-6935.

### BACK IN TIME: BATTLE OF HUE CITY

The Battle of Hue City was a turning point in the American War in Vietnam. The intense fighting lasted 25 days and left most of the city in ruins, but taught both sides valuable lessons in tactics when battling in an urban setting.

Wednesday, June 6 or Thursday, June 14, 10:30-11:45am

Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840  
To register, call 908-850-6935.

### BETTER BREATHERS CLUB

A discussion about pulmonary diseases such as COPD and asthma. We will also discuss traveling with oxygen as well as pulmonary rehabilitation.

Thursdays, May 10, June 14, July 12 and August 9, 1:30-2:30pm

Hackettstown Medical Center, 651 Willow Grove St., Hackettstown, NJ 07840  
For more information, call 908-441-1192.

### CARFIT PROGRAM FOR SENIORS

CarFit is a free, interactive and educational program that teaches participants how to make their personal vehicle "fit" them and increase safety and mobility. A CarFit technician will teach you how to use and adjust your vehicle's devices and review



key areas such as adequate space from the steering wheel, proper seat belt use and properly adjusted head restraints. Appointments are required.

Friday, June 15, 10:00am-Noon

Bentley Commons at Paragon Village, 425 Rt. 46 East, Hackettstown, NJ 07840

To register, call 908-850-6935.

### CHAIR EXERCISES FOR OLDER ADULTS

If you have trouble with balance, are concerned about falling, or have mobility issues, this three-class series can help improve stamina and strength. Each participant will receive an exercise manual and exercise ball for use at home.

Various dates and times

Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840

To register, call 908-850-6935.

### HOW YOUR DIGESTIVE SYSTEM CHANGES AS YOU AGE

Find out why your digestive system changes and get helpful tips for adjusting your diet.

Thursday, July 12, 2:00-3:00pm

Health Village, 430 Schooley Mountain Road, Hackettstown, NJ 07840

To register, call 908-850-6935.

### TOTAL HIP AND KNEE REPLACEMENT

Learn reasons why you may need a joint replacement, and what to expect from the day you decide to have a joint replacement through your rehabilitation.

Tuesday, June 5, 11:00am-Noon

Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840  
To register, call 908-850-6935.

## SUPPORT GROUPS

### MULTIPLE SCLEROSIS

Second Monday of the month, 7:00-9:00pm

Hackettstown Medical Center, 651 Willow Grove St., Hackettstown, NJ 07840

### THE ARC OF NEW JERSEY

Council One is a self-advocacy group representing Warren, Hunterdon, Sussex and Morris counties. Meetings are open to all adults with intellectual and developmental disabilities.

Meets the third Thursday of the month, 5:00-7:00pm

Hackettstown Medical Center, 651 Willow Grove St., Hackettstown, NJ 07840

**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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