

# Inspire!

A Health and Wellness Program Designed for Women

Winter/Spring 2010

## Robot-Assisted Surgery is Less-Invasive Alternative for Hysterectomy

If you're facing a hysterectomy, Chilton Memorial Hospital offers a less-invasive solution. Robot-assisted surgery requires only a few small incisions, so you can get back to life faster - within days rather than the usual weeks required with traditional surgery. Hysterectomy with the new da Vinci® Si HD Surgical System offers the following potential benefits:

- Significantly less pain
- Minimal blood loss and need for transfusion
- Fewer complications
- Shorter hospital stay
- Quicker recovery and return to normal activities
- Small incisions for minimal scarring
- Better outcomes and patient satisfaction, in many cases

The da Vinci Surgical System enables surgeons to perform even the most complex and delicate procedures through very small incisions with unmatched precision. The robotic surgeon sits at a console and performs the surgery with the aid of a 3-D viewing device that resembles binoculars. Other medical staff in the operating room can see the surgery through monitors.

"The da Vinci robot provides the highest technical quality for pelvic surgeries," said Chilton Memorial Hospital OB/GYN Khashayar Shakiba, M.D. "The robot is ideal for hysterectomies and other pelvic reconstructive surgeries because it enables physicians to operate with unmatched precision, dexterity and control. The robot exclusively provides three dimensional (3-D) imaging of the operative field, which helps the surgeon identify and remove pathology with higher precision."

Hysterectomy is the second most common surgical procedure for women in the nation. One in three women will have a hysterectomy before she turns 60, but many will have this procedure performed earlier, due to gynecologic conditions such as endometriosis (a disease that affects the reproductive organs), uterine fibroids (non-cancerous tumors), heavy menstrual bleeding, or gynecologic cancers. "I recommend that any women with an abnormal vaginal bleeding pattern see their OB/GYN for evaluation," said Dr. Shakiba.

Aside from hysterectomy, Dr. Shakiba uses the da Vinci system to repair defects resulting in urinary and rectal incontinence, and pelvic organ prolapse (which occurs when the pelvic floor muscles become weak and can no longer support the pelvic organs). "Women are living longer and want to maintain their physique and capacity for sexual function well beyond menopause," he said. "Few conditions are more disruptive to these goals than pelvic organ prolapse, which is responsible for more than 200,000 surgical repair procedures each year. Pelvic organ prolapse is common. In the United States, 24 percent of women have some type of pelvic floor disorder. The da Vinci robot is opening a new window for surgical treatment of the prolapse of the uterus and other pelvic organs."

Learn more about robotics and gynecologic procedures at our upcoming program on Tuesday, March 2. See page 3 for details.

Contact Information

Joan Beloff, ACC, ALA  
Director, Community Outreach.....(973) 831-5167

Theresa Lombardi  
Manager, Community Outreach.....(973) 831-5455

**For class information,  
call (973) 831-5475.**

## *Nanny Stella, Nanny 911*

**Prevention Rather Than Cure: The Eleven Commandments of Nanny 911.** Nanny Stella aka Stella Reid does not court popularity by watering down her opinions. She stars in *NANNY 911*, is an author, family consultant and a real-life British nanny to the stars. Her international experience gave her the ideal background to bring America a revolutionary form of child rearing based on the belief of "prevention rather than cure." Join us this evening and hear her share her philosophy, which is based on the idea of informing and empowering children with the knowledge of what it takes to become a respectful young adult. Her no-nonsense approach makes her successful in "telling it like it is" but it is her heart and commitment that inspire change in parents and children. Nanny Stella's success has led to the publishing of a book she co-authored, called *Nanny 911: Expert Advice for All Your Parenting Emergencies*, published by Harper Collins. Many parents have come to consider this the dictionary in dealing with everyday problems of out of control children. She also has appeared on many TV and radio programs lending her help to families in distress.

**7 p.m.**  
**Thursday, May 13**  
**Location: YM-YWHA of North Jersey,  
1 Pike Drive, Wayne**  
**Fee: \$5 per person**



# *Inspire!*

## WINTER/SPRING 2010 SCHEDULE

### *Adorn Yourself! Create a Bracelet*

Show your creative side. Design and assemble a bracelet. You can either replicate one of the examples or create your own unique combination of mineral, glass and crystal beads. The instructor will professionally attach your creation to a clasp so it will fit perfectly to your wrist. All materials included.

**Presenter: Karen Glaser, owner of "Just Bead It"**

**7 to 8 p.m. • Tuesday, February 16**

**Location: Chilton Health Network, 242 West Parkway,  
Pompton Plains**

**Second Floor Conference Center**

**Fee: \$30 per person**

### *The Economy, Stress and What You Can Do...*



Is the economy getting you down? Are you out of work, tired or fearful of losing your job? Do you find yourself consumed with worry or stress? Does it impact your family? Are you feeling sad or anxious? This presentation will help you gain knowledge about self-care, relaxation techniques and having age-appropriate conversations with your children about the economy. Find ways to help yourself cope during this difficult economic crisis. **This program is brought to you by the Chilton Neighbors for Better Health task force.**

**Presenters: Heather Dick, MSW, LCSW, and  
Jeanne Emanuel, MSW, LCSW**

**7 p.m. • Thursday, February 18**

**Location: The Collins Pavilion of Chilton Memorial Hospital,  
Conference Center**

**Free**

### *Painting with Oil Colors*

Learn to express your creativity through oil color painting. Spend a winter Saturday learning the basics of oil painting and remember how relaxing painting can be. Participant will create a snow scene.

**Presenter: Bob Benedetto, Certified Bob Ross Painting Instructor**

**10 a.m. to 2 p.m. • Saturday, February 20**

**Location: Chilton Health Network,  
242 West Parkway,  
Pompton Plains**

**Second Floor Cafeteria**

**Fee: \$45 per person**



## ***For the Men in Your Lives: The Robotic Generation and Prostate Cancer***

Prostate cancer is the second most common type of cancer among men. Learning about the latest medical care can help you take an active part in making the right choices about your care. In this presentation you will learn about diagnosis and treatment options, including Chilton Memorial Hospital's new daVinci® Si HD Robotic Surgical System for minimally invasive surgery.

**Presenter: Chilton Memorial Hospital Urologist  
Tricia Greene, M.D.**

**7 p.m. • Tuesday, February 23**

**Location: Chilton Health Network, 242 West Parkway,  
Pompton Plains**

**Second Floor Conference Center**

**Free**

### ***Dining Out Heart Healthy***

Ever wonder what you should be ordering when you dine out? Is what you order the healthy choice? Learn some dining out tips from nutritionist Tara Domzalski while experiencing a delicious meal at The Montville Inn. Dinner will include salad, a choice of three entrées, dessert, coffee and tea and a cash bar.

**Presenter: Tara Domzalski, RD**

**6 p.m. • Wednesday, February 24**

**Location: The Montville Inn, 167 Main Road, Montville**

**Fee: \$32 per person**, includes a copy of the American Heart Association book *To Your Health, a Guide to Heart Smart Living*.

### ***Are You Thinking about Trying a Triathlon?***

Is participating in a triathlon on your bucket list? Make 2010 the year to do it! Join us for an informative evening to learn the ins and outs of training for a triathlon. Program will cover information about the event itself and the importance of proper training. Proper fitting of running shoes is extremely important to any race and will be discussed as well.

**Presenter: John Coscia of Sneakers Unlimited**

**7 p.m. • Thursday, February 25**

**Location: Sneakers Unlimited  
421 Route 23 South, Pompton Plains**

**Free**



### ***Robotics and Gynecologic Procedures: The Latest Trends***

A growing number of OB/GYNs are doing minimally invasive robotic surgery for hysterectomies, pelvic prolapse, cancer removal and other gynecologic procedures. With robotic surgery, patients recover quicker. Hear our two experts discuss symptoms, diagnoses and new treatment options to help you make informed decisions.

**Presenters: Chilton Memorial Hospital OB/GYNs  
Steven Domnitz, M.D. and Khashayar Shakiba, M.D.**

**7 p.m. • Tuesday, March 2**

**Location: Chilton Health Network, 242 West Parkway, Pompton Plains**

**Second Floor Conference Center**

**Free**

### ***Are you a "Weekend Warrior?"***

Finding time to exercise during the week can sometimes be impossible, so we use the weekends to fit in all the workouts missed during the week, thus becoming a "weekend warrior." Join us for an informative program on how to prevent injuries and treatment options for ones that might exist.

**Presenter: Chilton Memorial Hospital Chair of  
Orthopedics Gary J. Drillings, M.D.**

**7 p.m. • Tuesday, March 16**

**Location: Chilton Health Network, 242 West Parkway,  
Pompton Plains**

**Second floor Conference Center**

**Free**

### ***Cooking Quick and Healthy Dinners with a Slow Cooker***

With the crazy schedules most of us face these days, it is hard to find time to prepare wholesome but quick dinners for our families. It gets even harder when we strive to use natural products and make it a dinner the whole family will enjoy. We have a solution. Come out and learn a few new healthy dinners that can be prepared in your slow cooker (i.e. Crockpot®). You will sample the creation and leave with some healthy recipes.



**Presenter: Patti Laster of Pennings Farm Market,  
Warwick, NY**

**7 p.m. • Thursday, March 18**

**Location: The Collins Pavilion of Chilton Memorial  
Hospital, Conference Center**

**Fee: \$10 per person**

### ***Brainpower Game Plan: Better Brain Fitness***

Are you frustrated by forgetfulness? Worried that you may be headed down a slippery slope to serious memory loss in later life? Come and be inspired to take control of your brain health! Dr. Cynthia Green, a nationally recognized expert and leading author specializing in memory and brain health, will teach us how to both boost our everyday memory performance (no more lost keys!) and lower our risk for serious memory impairment later in life. Dr. Green will talk about her newest brain health book, *Brainpower Game Plan*, written with the editors of *Prevention* magazine, which provides a no-nonsense, fun and effective plan for improving brain health. Book signing to follow presentation.

**Presenter: Cynthia R. Green, Ph.D.**

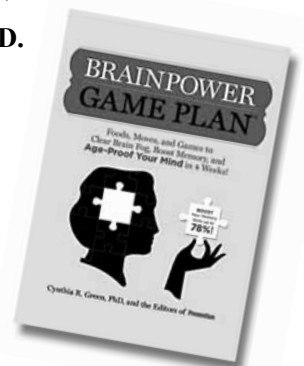
**7 p.m.**

**Wednesday, April 7**

**Location: Chilton Health  
Network, 242 West Parkway,  
Pompton Plains**

**Second Floor Conference Room**

**Fee: \$10 per person**



## Cognitive Vitality

In much the same way we have promoted physical exercise as a means for remaining physically vital, many are now talking about “cognitive workouts” as a means of maximizing cognitive vitality. You are invited to a presentation on CogniFit, a state-of-the-art, web-based MindFitness program. The presentation will address critical abilities related to cognitive functioning, what exists in terms of software to address cognitive vitality and specifically, the CogniFit suite of programs. There will be time to test the product and discuss the fees associated with the software.

**Presenter: Bruce Mondschain, President,  
Catalyst Benefits, Inc.**

**7 to 8:30 p.m. • Thursday, April 15**

**Location: Chilton Health Network,  
242 West Parkway, Pompton Plains**

**Second Floor Conference Room**

**Free**



## Women's Stroke Prevention Screening

Do you know if you are at risk? Chilton Memorial Hospital is offering a low-cost stroke screening for women. This event includes blood pressure screening, cholesterol breakdown (HDL, LDL and triglyceride levels), glucose screening, carotid bruits assessment, atrial fibrillation through pulse palpation and health education counseling and material. Appointments are required.

**2 to 7 p.m.**

**Tuesday, May 19**

**Location: Chilton Health Network, 242 West Parkway,  
Pompton Plains**

**Second Floor Conference Center**

**Fee: \$20 per person**

**Please call (973) 831-5475 to make an appointment.**

## Tuesday Night Crocheting Club

Have you always wanted to learn how to crochet? Join us for a three-week course to learn. You will learn the basic stitches and learn to read a pattern of your choice. A size nine needle is needed and must be brought to first session. Yarn is provided.



**Presenter: Vivian Burns  
of "So You" Studio**

**7 to 8 p.m.**

**Tuesdays, June 8, 15 and 22**

**Location: Chilton Health  
Network, 242 West  
Parkway, Pompton Plains  
Second Floor Conference  
Center**

**Fee: \$45 per person for all  
three weeks**

## Exercise Classes

### Floor, Core and More

Forget the weight room, this fresh alternative to weight training teaches you Pilates and Yoga techniques that are effective for improving muscle endurance, core strength, range of motion/flexibility, balance and coordination as well as low-impact cardio moves. For sanitary reasons, please bring your own Yoga mat.

**Instructor: Jen Janz, Certified Instructor, Nature's Remedy  
6:30 to 7:30 p.m.**

**Tuesdays, January 19 to March 23**

**Tuesdays, April 13 to June 15**

**Location: The Collins Pavilion of Chilton  
Memorial Hospital, Conference Center**

**Fee: \$80 per person for all ten weeks**



### Integrative Wellness

Learn and practice a variety of simple and powerful techniques that will improve your attention, reduce stress and build energy. You will be guided through a balance of postures, relaxation, mind/body exercises and deep breathing. Suitable for beginners. For sanitary reasons, please bring your own mat.

**Instructor: Gary McCabe, Nature's Remedy  
7 to 8 p.m.**

**Tuesdays, January 19 to March 23**

**Tuesdays, April 13 to June 15**

**Location: Nature's Remedy, 1341 Hamburg Turnpike,  
Suite 4, Wayne**

**Fee: \$80 per person for all ten weeks**



### Zumba

Zumba is a mix of fast-paced cardiovascular exercise and Latin dance that has taken the world by storm! It combines several Latin dance styles like the merengue, calypso, flamenco and salsa to create a fun aerobic workout that sculpts and tones the body.

**For beginners:**

**Instructor: Gina Digiovanni,  
Certified Zumba Instructor, Nature's Remedy**

**6 to 7 p.m.**

**Tuesdays, January 19 to March 23**

**Tuesdays, April 13 to June 15**

**OR for experienced Zumba participants:**

**Instructor: Oneida Gonzalez,  
Certified Zumba Instructor**

**6 to 7 p.m.**

**Wednesdays, January 20 to March 24**

**Wednesdays, April 14 to June 16**

**Location: Community Volunteer Fire  
Company # 1, 97 Parish Drive, Wayne**

**Fee: \$80 per person for all ten weeks**



## ***Push it to the Limit***

A class that will challenge each muscle. A combination of legwork, upper body and abdominal exercises will utilize your muscles in a safe and effective routine to strengthen and tone all areas of your body. To obtain the greatest benefit, please bring a pair of both light (3 to 5 lbs.) and heavy (6 to 8 lbs.) weights. Ankle weights (2 1/2 to 5 lbs.) are optional and will increase difficulty. Additional resistance equipment will be provided. For sanitary reasons, please bring your own mat.

**Instructor: Debbie Schrank, Certified Instructor**



**5 to 6 p.m.**

**Wednesdays, January 20 to March 24**

**Wednesdays, April 14 to June 16**

**Location: Community Volunteer Fire Company # 1, 97 Parish Drive, Wayne**

**Fee: \$80 per person for all ten weeks**

## ***Yoga for the Curvy Girl***

Learn to love yourself from the inside out. Anyone can perform yoga poses with our modified yoga routine. People of all shapes and sizes can reap the benefits of increased flexibility, strength, peace of mind and even weight loss! For sanitary reasons, please bring your own yoga mat.

**Instructor: Toni LaSala, Certified Instructor, Nature's Remedy**

**6 to 7 p.m.**

**Wednesdays, January 20 to March 24**

**Wednesdays, April 14 to June 16**

**Location: Nature's Remedy, 1341 Hamburg Turnpike, Suite 4, Wayne**

**Fee: \$80 per person for all ten weeks**



## ***Strengthen, Tone and Stretch***

Join this program to enjoy a combination of resistance training for upper and lower body strength and tone, and to enhance your flexibility and posture through core and stretching work. Strength training is performed with exercise tubing or working with gravity for resistance. Core and flexibility training is performed on the mat, using classic exercises and basic Pilates type movements. Gentle stretching of the entire body is provided as well. For sanitary reasons, please bring your own mat.

**Instructor: Susan Sturm, Certified Instructor, Nature's Remedy**

**6 to 7 p.m.**

**Thursdays, January 21 to March 25**

**Thursdays, April 15 to June 17**

**Location: Nature's Remedy, 1341 Hamburg Turnpike, Suite 4, Wayne**

**Fee: \$80 per person for all ten weeks**



## ***Functional Strength and Conditioning***

In Level 1, a small group of only six participants will work with Certified Personal Trainers in a progressive program designed to develop strength, balance, core stability, flexibility and agility. Using the "Iform" Internet integrated strength training system, each participant will have her own log-in and personalized program allowing you to progress at your own pace. This will be a major first step to a stronger healthier you! The first session will be a comprehensive fitness assessment. In Level 2, participants will build on the base you have begun in Level 1 continuing to allow you to progress at your own pace.

**Instructor: Certified Personal Trainers Geri McGurk and Staff, High Definition**

**6:45 to 7:15 p.m.**

**OR**

**7:30 to 8 p.m.**

**Tuesdays and Thursdays**

**Level 1: February 2 to March 11**

**Level 2: March 16 to April 22**

**Location: High Definition, 1700 Route 23 North, Suite 110, Wayne**

**Fee: \$190 per person for all six weeks (two classes per week)**

## ***Vinyasa Yoga***

Learn to connect your movement and breath in a flowing, vinyasa class. Using the breath as your guide, vinyasa yoga transitions you smoothly from one posture to the next in a meditative seamless flow. Each week we will be performing a different sequence of moves set to uplifting music. This is a dynamic class with lots of movement, open to all levels. For sanitary reasons, please bring your own mat.

**Instructor: Dodie Georgiades, Yoga Therapist**

**6 to 7 p.m.**

**Thursdays, February 4 to March 25**

**Thursdays, April 8 to May 27**

**Location: Chilton Health Network, 242 West Parkway, Pompton Plains**

**Second Floor Conference Center**

**Fee: \$65 per person for all eight weeks**



# REGISTRATION FORM

**Please refer to newsletter for class dates, times and locations. Check box for class(es) desired and remember to enclose a separate check for each class, payable to Chilton Memorial Hospital.**

- |  |  |   |  |
|--|--|---|--|
| <input type="checkbox"/> Adorn Yourself! Create a Bracelet: \$30<br><input type="checkbox"/> The Economy, Stress and What You Can Do...: Free<br><input type="checkbox"/> Painting with Oil Colors: \$45<br><input type="checkbox"/> For the Men in Your Lives: The Robotic Generation and Prostate Cancer: Free<br><input type="checkbox"/> Dining Out Heart Healthy: \$32<br><input type="checkbox"/> Are You Thinking about Trying a Triathlon?: Free<br><input type="checkbox"/> Robotics and Gynecologic Procedures: The Latest Trends: Free<br><input type="checkbox"/> Are You a "Weekend Warrior?": Free | <input type="checkbox"/> Cooking Quick and Healthy Dinners with a Slow Cooker: \$10<br><input type="checkbox"/> Brainpower Game Plan: Better Brain Fitness: \$10<br><input type="checkbox"/> Cognitive Vitality: Free<br><input type="checkbox"/> Prevention Rather Than Cure: The Eleven Commandments of Nanny 911: \$5<br><input type="checkbox"/> Women's Stroke Prevention Screening: \$20<br><input type="checkbox"/> Tuesday Night Crocheting Club: \$45<br><input type="checkbox"/> Floor, Core and More: \$80<br><input type="checkbox"/> January to March<br><input type="checkbox"/> April to June | <input type="checkbox"/> Integrative Wellness: \$80<br><input type="checkbox"/> January to March<br><input type="checkbox"/> April to June<br><input type="checkbox"/> Zumba - Tuesdays: \$80<br><input type="checkbox"/> January to March<br><input type="checkbox"/> April to June<br><input type="checkbox"/> Zumba - Wednesdays: \$80<br><input type="checkbox"/> January to March<br><input type="checkbox"/> April to June<br><input type="checkbox"/> Push it to the Limit: \$80<br><input type="checkbox"/> January to March<br><input type="checkbox"/> April to June<br><input type="checkbox"/> Yoga for the Curvy Girl: \$80<br><input type="checkbox"/> January to March<br><input type="checkbox"/> April to June | <input type="checkbox"/> Strengthen, Tone and Stretch: \$80<br><input type="checkbox"/> January to March<br><input type="checkbox"/> April to June<br><input type="checkbox"/> Vinyasa Yoga: \$65<br><input type="checkbox"/> February to March<br><input type="checkbox"/> April to May<br><input type="checkbox"/> Functional Strength and Conditioning: \$190<br><input type="checkbox"/> Level 1: February to March – 6:45 to 7:15 p.m.<br><input type="checkbox"/> Level 1: February to March – 7:30 to 8 p.m.<br><input type="checkbox"/> Level 2: March to April – 6:45 to 7:15 p.m.<br><input type="checkbox"/> Level 2: March to April – 7:30 to 8 p.m. |
|--|--|---|--|

***Please complete one registration form per person. We require all information for all persons registering.***

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Date of birth: \_\_\_\_\_ Daytime #: \_\_\_\_\_ Evening #: \_\_\_\_\_ Cell: \_\_\_\_\_

**Mail check(s) and form to: Chilton Memorial Hospital Attn: Community Outreach/Inspire 97 West Parkway, Pompton Plains, NJ 07444 All classes require pre-registration. To register for classes, please fill out registration form. Confirmations will not be sent. Mark your calendar accordingly. If a class is full when we receive your check, your money will be returned and you will be placed on a waiting list and notified if an opening occurs. Refunds for lectures are given if notified 24 hours in advance of the lecture, one week when food is provided. Refunds for exercise classes will not be made once the class has begun, and discounts cannot be given for missed classes. In case of severe inclement weather, call (973) 831-5475 for a recorded message indicating cancellation of class/program.**



97 WEST PARKWAY  
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 973-831-5475

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