

New Vitality



Joan Beloff

New Vitality/
Gerontology
Services Director

As the days become shorter and there's a nip in the evening air, there's a natural tendency toward the more structured activities of the autumn months. School begins again, vacation adventures are but pleasant memories, and yard work and household chores beckon.

As you plan your autumn days, New Vitality offers welcome additions to your active schedule through our programs and classes designed with your physical, mental and emotional vitality in mind. Everything from travel options to our exciting course offerings are just a quick phone call away.

This issue opens the door to lively, entertaining, and engaging activities offered for your enjoyment and enrichment. I encourage you to review our current offerings and share this information with relatives and friends who've probably been wondering how you stay so young and full of vitality!

Go ahead, share your secret!

Joan Beloff

In the Pink:

Healthy Aging is Result of Many Factors

National Institute of Aging studies show that several factors are important in maintaining health and independence.

- healthy eating
- mental stimulation
- avoiding tobacco
- maintaining a safe environment
- physical activity
- active social interactions
- moderate use of alcohol
- regular health check-ups

"The vitality of older adults is based on a healthy lifestyle," notes Timothy Brabston, MD, Pompton Lakes geriatrician on staff at Chilton Memorial Hospital, who specializes in treating older adults. According to Dr. Brabston, geriatricians help assure the good health of older adults by helping them restore, maintain, and improve their daily physical abilities as well as their mental abilities.

"By eating well, staying physically active, remaining mentally engaged, and undergoing regular medical checkups, including appropriate immunizations, older adults can enjoy the best of health," notes Dr. Brabston.

According to Chilton Memorial Hospital Clinical Dietetics Manager Betty Lesnevich, a well balanced diet is just as important to older adults as it is to younger people.

"Orange juice with added calcium is a real powerhouse drink, greens help fight macular degeneration, and fiber found in cereals helps prevent colon cancer," says Lesnevich. "Oatmeal, rice, and barley all help lower the risk of cancer, while lean meats are the

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Support Groups

Arthritis Support Group meets from 10:30 to 11:30 a.m. the fourth Tuesday of the month at the Renaissance SubAcute Care Center, 493 Black Oak Ridge Rd., Wayne. For information, call **973-831-5167/5175**.

Alzheimer's Disease Caregivers Support Group meets from 7:00 to 8:30 p.m. the second Wednesday of the month at the Chilton Memorial Collins Pavilion, second floor. For information call **973-831-5167/5175**.

Bereavement Support Group meets from 1:00 to 2:30 p.m. the fourth Tuesday of the month at the Chilton Memorial Collins Pavilion, second floor. For information call **973-831-5167/5175**.

Diabetes Type II Education and Support Group meets from 10:00 to 11:30 a.m. the first Wednesday of the month at the Chilton Memorial Collins Pavilion, second floor, Classroom B. For information call **973-831-5167/5175**.

"Woman to Woman" is a support group for women who are living with cancer. The group meets from 2:00 to 3:30 p.m. on Tuesdays at the Chilton Memorial Collins Pavilion Cancer Center Conference Room. For information call **973-831-5311**.

Your Aging Parent and You is a five-week education and support group addressing concerns about aging parents. For dates and times call **973-831-5167/5175**.



GERONTOLOGY SERVICES

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Healthy Aging continued from page 1

best source of proteins for heart health. For people on the go, nutritional supplements in a bar or liquid form are excellent meal replacements.”

Doris Dicristina, Occupational Health/Employee Health Department nurse manager at Chilton Memorial Hospital, offers additional advice and reminds older adults to be vaccinated against influenza and pneumonia, to make sure their tetanus immunization is current, and update their travel immunizations as well.

“There may also be a need for protection against hepatitis A and B, especially when traveling to certain destinations,” Dicristina says. “Older adults would do well to consult their physician to find out which immunizations are most important for them to receive.”

Dicristina says the need for immunizations or being concerned about the cost associated with them should not be a deterrent. She says some boards of health and pharmacies offer tetanus and other immunizations.

To learn more about the relationship of immunizations to good health, Dicristina urges older adults to visit websites, such as that of the Centers for Disease Control which contains a wealth of information on the topic.

New Vitality Program Achieves National Recognition

The Catalyst Institute for Innovation and Excellence recognized New Vitality's Intergenerational Reading Program as one of the top 10 hospital-based programs for older adults at its national conference. The conference enables professionals who develop services for older adults to exchange ideas about programs developed and implemented for their memberships. The Catalyst Institute evaluates and honors innovative and exemplary programs.

Through the Intergenerational Reading Program, more than 60 New Vitality volunteer readers regularly visit nine elementary schools in Wayne Township and bring the joy of reading into the classroom. The program successfully creates bonds between older adults and children.

Kathy Ferrara, program specialist of New Vitality, believes the Intergenerational Reading program produces positive results for young and old alike.

"It's a win-win situation for everyone. The volunteers share their enthusiasm for the written word and the children share their youthful fascination for listening to stories being told. I'm not sure who looks forward to the reading sessions more, the adults or the children," Ferrara notes.

This is the third Catalyst program recognition New Vitality has received. In 2002, New Vitality was honored for its "Discover the Writer Within" program and in 2003 for the Senior Police Academy. Catalyst recognizes "meritorious accomplishments in identifying, recognizing, and advancing program initiatives that serve a hospital's general aging population in resourceful ways."

If you'd like to become part of this nationally recognized program, call Kathy Ferrara at 973-831-5175.



New Vitality director Joan Beloff, reading volunteer George Schwartz, and New Vitality program specialist Kathy Ferrara display the Catalyst award received for New Vitality's reading program.



From the President's Desk

As a member of the hospital family for more than 14 years and as the hospital's fourth president and CEO, I have observed the growth and success of the New Vitality's award-winning programs that have helped 30,000 local residents remain physically active, mentally alert, and emotionally connected to those around them.

As older adults spend many more years enjoying better health, we at Chilton Memorial are proud of our commitment to the community, so aptly expressed in our 50th anniversary theme, "Healthier tomorrows come from pulling together today." Our 50 years of community commitment are reflected in the full range of health services we offer, our cutting edge technology, and the medical, dental, and nursing professionals and clinical and support staffs throughout our organization who strive for excellence in patient care and service every day.

I look forward to sharing my thoughts with you about health care issues in upcoming issues and wish you the very best of health and "new vitality."

Deborah K. Zastocki

Deborah K. Zastocki, FACHE
President and CEO

For Your Health

Natural Aging Process

We are constantly bombarded with information that focuses on the problems and diseases associated with aging. Learn about the normal physical changes that take place as we age, and know what to expect from your own aging process. Note, September is healthy aging month! Refreshments provided by Home Instead Senior Care.

Presenter: Chilton Memorial geriatrician Timothy Brabston, MD
10 a.m.

Wednesday, September 22
Chilton Memorial Collins Pavilion Conference Center

Your Best Shot at Good Health

Immunizations for older adults are extremely important. Learn about those recommended for adults over 50, including influenza and pneumonia, but also some that you may not realize.

Presenter: Chilton Memorial infectious disease specialist Richard Krieger, MD

2 p.m.
Wednesday, October 13
Chilton Memorial Collins Pavilion Conference Center

The Word on GERD

Do you have frequent heartburn, sour stomach or difficulty swallowing . . . you may have GERD (Gastroesophageal Reflux Disease). Learn about the causes, symptoms and latest treatment options of this chronic disease.

Presenter: Chilton Memorial gastroenterologists Steven David, MD and Bonnie Cheng, MD

2 p.m.
Thursday, November 18
Chilton Memorial Collins Pavilion Conference Center

Alumni Writers

A monthly workshop for those individuals who have participated in the "Discovering the Writer Within" series.

Presenters: June Statmore and Marj Lewis Steinfeld, Ph.D.

10:30 a.m.
Tuesdays, September 14, October 5, November 2, December 7, January 4, 2005

Chilton Memorial Collins Pavilion Classroom A



Who Gets Grandma's Yellow Pie Plate?

What personal belongings hold sentimental value for you and family members? How do we discuss and decide, "who gets what" without creating conflict? Join us for this interactive program and learn how these decisions can be made and documented during one's lifetime.

Presenter: Maria C. Young, Family and Consumer Sciences Educator, Rutgers Cooperative Extension of Passaic County

10 a.m.
Monday, September 20
Chilton Memorial Collins Pavilion Conference Center

Costa Rica – A Tropical Paradise

This slide show will preview a fabulous tropical vacation offered by New Vitality and Collette Vacations in March of 2005. Venture into a paradise filled with tropical rain forests, glowing volcanoes, exotic birds and animals, and colorful flowers. Reservations and deposits will be taken immediately following the slide presentation. Call Kathy for information, (973) 831-5175.

Presenter: Alex Vizueta, District Sales Manager, Northern New Jersey, Collette Vacations
2 p.m. • **Wednesday, September 22**
Chilton Memorial Collins Pavilion Conference Center

Modern Stress/ Ancient Remedies

Many of the major causes of illness and death today are stress related. This class will focus on traditional coping mechanisms and current stress reduction innovations, which utilize mind, body and spirit energy for stress management. Class size is limited to 20 participants.

Instructor: Margaret O'Connor, DMA, Certified Instructor in T'ai Chi Chih and Seijaku

12 noon

Thursdays, September 23 to November 11

Chilton Memorial Collins Pavilion Classroom A

Fee: \$25 per person for all eight weeks

Declutter, Organize and Simplify Your Life!

Is your home so cluttered that it's bulging at the seams? Is your office a mess of paper piles and outdated equipment? Do you feel "owned" by your possessions? Learn to simplify, downsize and enjoy the things you really want and use. It's time to get organized and take control of your life!

Presenter: Eileen Kirna, organizing consultant

10 a.m.

Monday, October 4

Chilton Memorial Collins Pavilion Conference Center



Health Fair at Cedar Crest Village

Chilton Memorial Hospital, New Vitality and Cedar Crest Village will co-host a health fair complete with refreshments, entertainment, "hands-on" exhibits, and a lecture on tips for a good night sleep. Exhibits will include massages, physical therapy, cardiac rehabilitation, nutrition, pain management, hearing, vision, podiatry, plus many more. Also on hand will be local and county community agencies serving seniors. A light lunch courtesy of Cedar Crest Village will be served.

10 a.m. to 1 p.m. Health Fair

1 p.m. Lecture: Tips for a Good Night's Sleep

Presenter: Chilton Memorial Cardiopulmonary Services director Dave Gourley, RRT

Tuesday, September 28

Location: Cedar Crest Village, One Cedar Crest Village Dr., Pompton Plains

Senior Targeted Crime

Learn about some of the more common senior-targeted crimes, personal safety, identity theft and the transient crime groups that prey on the older adult. Educate yourself ... don't be a victim!

Presenter: Morris County Prosecutor's Office – C.A.R.E. Unit (Crimes Against Retired and Elderly)

1 p.m.

Thursday, September 30

Chilton Memorial Collins Pavilion Conference Center

Introduction to Computers

Introduction to Personal Computers, Windows 98, Microsoft applications, and the Internet will be covered in this four-week course. Class fee includes instruction manual. Class size is limited to 15 participants.

Instructor: Linda Mandarino

3 to 5 p.m.

Thursdays, September 23 to October 14

OR

Thursdays, October 21 to November 18

(no class November 4)

Location: Wayne Valley High School, Room 158, 551 Valley Road, Wayne

Fee: \$60 per person for all four weeks, which includes instruction manual

Bringing Houseplants Indoors

How do we get houseplants ready for the long winter months indoors? Learn how to inspect for disease and insects, when to repot, how much fertilizer to give and what location is best suited to your plants.

Presenter: Pedro Perdomo, Morris County Agricultural Agent, Rutgers Cooperative Extension of Morris County

1 p.m.

Thursday, September 23

Chilton Memorial Collins Pavilion Conference Center

Memory Workout

No matter what your age, chances are you've misplaced your keys, lost track in conversation, or been mortified when you couldn't remember someone's name. While memory lapses are human, they are often frustrating and, even at times, a bit frightening. "Total Memory Workout" will teach you to rev up your recall for anything you want to remember. This four-week program is based on the unique memory improvement program Dr. Cynthia Green began at the Mount Sinai Medical Center in New York City. Refreshments provided by Pfizer Pharmaceuticals, Inc.

Presenter: Dr. Cynthia Green, PhD

**1:30 p.m. • Wednesdays, October 6 to November 3
(no class October 27)**

**Chilton Memorial Collins Pavilion
Classroom B**

Fee: \$40 for all four weeks

Women of a Certain Age – Act I

This five-week program for women in their sixties will be an opportunity for women to join to explore, share, laugh and support each other as we examine ourselves and our roles in society.

Register early – class is limited to 12 participants.

**Presenter: Enid Topchik,
Gerontologist**

1 to 2:30 p.m. • Mondays, October 18 to November 15

**Chilton Memorial Collins Pavilion
Classroom A**

Fee: \$50 for all five weeks

Senior Police Academy

The Wayne Township Police Department will again host its award-winning seven-week course to enlighten and involve our senior community in many aspects of police work and improve their quality of life. Each week will consist of two one-hour and fifteen-minute sessions with a half-hour break between each session. Light refreshments will be provided at the break. After the orientation on the first day, the topics will include: how to be a neighborhood watchdog, traffic and pedestrian safety/defensive driving, fatal vision goggles, fraud lecture, a fraud bingo game, a visit to the Passaic County Police Academy, self-defense for seniors, alcoholism and senior citizens, gambling and seniors, crime prevention, and a fun final exam on the last day. There will be a graduation ceremony and luncheon at the completion of the course, with special invitees to attend.

This important community service is presented in partnership with Chilton Memorial Hospital Gerontology Services, Wayne Police Department, Wayne Alliance for the Prevention of Drug and Alcohol Abuse, and the Wayne Hills Mall.

Instruction will be given by members of the Wayne Police Department, the Elder Fraud Investigations Unit, employees of Chilton Memorial Hospital, the Passaic County Police Academy and the Wayne Alliance.

9 a.m. to 12 noon

Wednesdays, October 6 through November 17

Location: Wayne Hills Mall, Berdan Ave. and Hamburg Tpke., Wayne

Long Term Care Insurance: Is It Right For You?

Get the facts about long-term care insurance. Learn more about your long-term care options at this free seminar. No benefit plan sales are involved, and all seminar participants will receive a free, informative workbook. In conjunction with Catalyst Benefits, Inc., New Vitality has chosen a variety of companies for your serious long-term care consideration.

**Presenter: Catalyst Benefits, Inc.
representative.**

For reservations, call Catalyst's reservation center toll-free at 800-315-3313 and give the class code.

**Monday, September 27
1:30 p.m. – Code NJ107**

**Thursday, October 14
10 a.m. – Code NJ108**

**Thursday, November 4
1:30 p.m. – Code NJ109**

**Chilton Memorial Collins Pavilion
Classroom B**

Course Offerings

Pre-registration is required for all programs. See page 20.

Set the Stage

Hear a selection of readings from plays such as “The Gin Game,” “On Golden Pond,” and other dramas, performed by Jay and Joan Ludwig. Following the presentations, an interactive discussion will take place.

Presenter: Jay Ludwig, drama professor, William Paterson University

2 p.m.

Wednesday, October 6

Chilton Memorial Collins Pavilion
Conference Center



CPR for Family and Friends

Video taped guided practice and discussion of cardiopulmonary resuscitation of the adult, infant and child. Session will also address how to approach a choking victim. Register early, class size limited to 12. Participants must attend both sessions.

Instructor: Chilton Memorial adult/geriatric nurse practitioner Santa J. Crisall, RN, NP-C, certified CPR instructor

9 a.m. to 12 noon

Tuesday, October 12 and
Wednesday, October 13

Chilton Memorial Collins Pavilion
Classroom A

Fee: \$10 per person for complete
two-day course

Self Defense for Older Adults

Recognizing that older adults are often the victims of senseless attacks and assaults, the Wayne Police Department’s community policing unit along with Chilton Memorial Hospital will host a four-week series of self-defense classes. This course is designed to help older adults protect themselves and remain safe. People of all ages would benefit from this type of course, but this one is specifically geared to those over the age of 60, regardless of physical condition. Certified crime prevention specialists as well as a black-belt instructor will conduct classes in a relaxed atmosphere. Participants will learn defense methods against the most common attacks so that they may protect themselves in the event they become a victim. Students will also learn how to stay fit and healthy.

Presenters: Wayne Community Police Officers Dennis Paylo and Tom Colella, and Detective SRO Chris Wittig

10 to 11:30 a.m.

Thursdays, October 14 to
November 4

Location: YM-YWHA of North
Jersey, 1 Pike Drive, Wayne



Are You Entitled? (Passaic County)

If you are over the age of 60, you may be entitled to receive a variety of County services. Learn about senior services, entitlement benefits and programs that are available to Passaic County residents age 60 plus.

Presenter: Shirley Force, Information and Assistance Supervisor, Passaic County Office on Aging

1:30 p.m. • Tuesday, October 5

Location: YM-YWHA of North
Jersey, 1 Pike Dr., Wayne,
Gitkin Room

Are You Entitled? (Morris County)

Learn what benefits and entitlements you might be eligible to receive as well as other resources available in Morris County. Open to Morris County residents only.

Presenter: Theresa Davis, Morris County Office on Aging director, and Pat Fetzer, Information and Referral specialist

10 a.m.

Monday, October 18

Chilton Memorial Collins Pavilion
Conference Center

Imperial Cities of Europe

Our next slide show will preview a very different, but equally exciting vacation offered by New Vitality and Collette Vacations in April 2005. Join us on this leisurely paced tour through three of Europe's loveliest and most historic cities, Vienna, Prague, and Budapest. Reservations and deposits will be taken immediately following the slide presentation. Call Kathy for information, (973) 831-5175.

Presenter: Alex Vizueta, District Sales Manager, Northern New Jersey, Collette Vacations

10 a.m. • Tuesday, October 19

Chilton Memorial Collins Pavilion Classroom B

Your Aging Parent and You

This five-week course will address concerns about aging parents. The course helps family members understand their feelings as caregivers. It provides information about community resources and also about normal and abnormal psychological and physical processes of aging. A light dinner will be served.

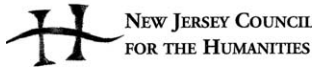
Presenters: Enid Topchik, Gerontologist and Joan Beloff, Director, Gerontology Services/New Vitality

6:30 to 8:30 p.m.

Tuesdays, October 19 to November 16

Chilton Memorial Collins Pavilion Classroom B

Fee: \$15 per person, \$25 for two family members for all five weeks



NEW JERSEY COUNCIL
FOR THE HUMANITIES

Abigail Adams: Dearest Friend

Abigail Adams was a strong and influential woman deeply engaged in the politics of her time. Thomas Jefferson and her husband John valued her opinion. In her husband's absence, she managed her family and the farm, leaving a distinctive legacy of letters. This program is offered through the Horizons Speakers Bureau of the New Jersey Council for the Humanities, a state partner of the National Endowment for the Humanities.

Abigail Adams portrayed by Kim Hanley of the American Historical Theatre

2 p.m. • Friday, October 22

Location: Wayne Public Library, 461 Valley Rd., Wayne

Annual Mammograms for New Vitality Members

New Vitality has arranged a special event, just for you. During the month of October, the Chilton Memorial Hospital Comprehensive Breast Center will hold two special days for your annual mammogram, exclusively for New Vitality Members. Take this time to care for you! Please note, there will not be a physician present on those days; results will be returned within two weeks.

8 a.m. to 3 p.m.

Saturdays, October 23 and 30

Chilton Memorial Collins Pavilion Comprehensive Breast Center

For an appointment, call the Breast Center at (973) 831-5200.

Age Defying Solutions

Curative age defying solutions will be presented from skin care experts at Artistic Academy. Learn about Avance skin care, taking wellness and beauty to the next level. Learn techniques and products that will visually minimize aging skin, helping to firm and restore it.

Presenter: Marlene Nucifora, Artistic Academy, sister company of DePasquale the Spa

10 a.m.

Friday, October 29

Chilton Memorial Collins Pavilion Conference Center

Discovering the Writer Within

During this four-week journal-writing course, allow the creative process to work its magic as we talk, write, and reflect together. Journal books will be supplied. Course limited to 10 participants.

Presenters: Dianne Herald DiMella and Eloise Corcoran

1 p.m.

Tuesdays, November 2 to 23

Chilton Memorial Collins Pavilion Classroom A



Course Offerings

Pre-registration is required for all programs. See page 20.

Beyond the Basics: Investment Strategies for Women

This program will cover the following: successful investing defined, risk and return, asset allocation, working with an investment advisor, and planning for the future, with an emphasis on the special concerns of women.

**Presenter: Mary Barneby, CIMA,
Vice President, USB Wealth
Management**

1:30 p.m.

Wednesday, November 3

Chilton Memorial Collins Pavilion
Conference Center



AARP Driver Safety Program

This AARP refresher course is designed for people 50 and older. Learn about changes in laws, highways, vehicles, perception, vision and reflexes. Participants are eligible for removal of two violation points from their New Jersey Division of Motor Vehicles record. **Participants must attend both classes to receive certificate.**

10 a.m. to 3 p.m.

Fridays, November 5 and 12

Chilton Memorial Collins Pavilion
Conference Center

Fee: \$10 per person payable to
AARP

Diabetes and Your Diet

Eating right is critical when you have diabetes. Learn the basics of good nutrition, helpful tips for dining out, meal planning and more. Refreshments sponsored by Eli Lilly and Company.

**Presenter: Chilton Memorial
Clinical Dietetics Manager Betty
Lesnevich, RD, CDE**

2 p.m.

Friday, November 19

Location: Wayne Public Library,
461 Valley Rd., Wayne

Relationships and Intimacy in Later Years – Part I for Women Only

Join us for this informal discussion and informational session around relationships and intimacy in later years.

**Presenter: Leslie Weisner, LCSW,
Certified Sex and Couples
Therapist**

1 p.m.

Wednesday, December 1

Chilton Memorial Collins Pavilion
Conference Center



Holiday Celebration

Join us for an afternoon of music with the Wayne Valley High School Choir. Refreshments will be served. This program is co-sponsored by the Dietetics Department of Chilton Memorial Hospital.

3 p.m.

Thursday, December 2

Chilton Memorial Hospital
Cafeteria

Fee: \$3 per person



America's Rockies by Rail

Our next slide show will preview a fabulous, scenic vacation offered by New Vitality and Collette Vacations in June of 2005. From Washington to Idaho to Montana, peaceful prairies, jagged mountains of granite and crystal clear waters are magnificent sights you will enjoy, including a 470-mile grand rail adventure from Montana to Spokane. Reservations and deposits will be taken immediately following the slide presentation. Call Kathy for information, (973) 831-5175.

**Presenter: Alex Vizueta, District
Sales Manager, Northern New
Jersey, Collette Vacations**

10 a.m.

Friday, December 3

Chilton Memorial Collins Pavilion
Conference Center

T'ai Chi Chih® Joy thru Movement

(T'ai Chi Chih is a federally registered trademark.)

T'ai Chi Chih – Beginners (Boys and Girls Club of Wayne)

A series of simple, non-martial movements that are performed softly and continuously. The movements are slow, gentle and can be done by anyone regardless of age or physical condition.

Instructor: Margaret O'Connor, DMA, Accredited T'ai Chi Chih/Seijaku Instructor

10 to 10:45 a.m.

Tuesdays, September 21 to December 14 (no class November 23)

Location: Boys and Girls Club of Wayne, 153 Garside Ave., Wayne

Fee: \$40 per person for all twelve weeks



T'ai Chi Chih – Intermediate (Boys and Girls Club of Wayne)

This class expands on knowledge gained in the beginner's course and will introduce SEIJAKU, advanced T'ai Chi Chih practice. Learn to refine and fine-tune movements. Note, at least two beginner sessions must be completed prior to moving into the intermediate class.

Instructor: Margaret O'Connor, DMA, Accredited T'ai Chi Chih/Seijaku Instructor

11 to 11:45 a.m.

Tuesdays, September 21 to December 14 (no class November 23)

Location: Boys and Girls Club of Wayne, 153 Garside Ave., Wayne

Fee: \$40 per person for all twelve weeks

T'ai Chi Chih – Beginners (Chilton Memorial)

A series of simple, non-martial movements that are performed softly and continuously. The movements are slow, gentle and can be done by anyone regardless of age or physical condition.

Instructor: Margaret O'Connor, DMA, Accredited T'ai Chi Chih/Seijaku Instructor

10 to 10:45 a.m.

Thursdays, September 23 to December 16 (no class November 25)

Chilton Memorial Collins Pavilion Conference Center

Fee: \$40 per person for all twelve weeks

T'ai Chi Chih – Intermediate (Chilton Memorial)

This class expands on knowledge gained in the beginner's course and will introduce SEIJAKU, advanced T'ai Chi Chih practice. Learn to refine and fine-tune movements. Note, at least two beginner sessions must be completed prior to moving into the intermediate class.

Instructor: Margaret O'Connor, DMA, Accredited T'ai Chi Chih/Seijaku Instructor

11 to 11:45 a.m.

Thursdays, September 23 to December 16 (no class November 25)

Chilton Memorial Collins Pavilion Conference Center

Fee: \$40 per person for all twelve weeks

Aquacise (YM-YWHA, Wayne)

This program will benefit cardiovascular fitness, muscular strength, endurance and flexibility. All classes are taught in chest-deep water, so non-swimmers are welcome. A vigorous and stimulating workout, great for seniors. Please bring a lock and a towel to the class.

12 noon to 1 p.m.

OR

1:15 to 2:15 p.m.

Fridays, September 24 to December 17 (no class October 1, 8 or November 26)

Location: YM-YWHA of North Jersey, 1 Pike Dr., Wayne

Fee: \$45 for all ten weeks

Line Dancing (Cedar Crest Village)

Learn several of the most popular line dances and you will always be ready to get on the dance floor. Line dancing is a low-impact way to develop balance and coordination. Put your best foot forward and join the fun! No partner necessary. Please wear leather bottom shoes.

Instructor: Fernando Andrade of Continental Dance Studio

10 a.m.

Fridays, October 1 to November 12

Location: Cedar Crest Village, One Cedar Crest Village Drive, Pompton Plains

Belmont Club Room

Fee: \$35 per person for all seven weeks



Yoga – Beginner (Chilton Memorial)

Learn a complete range of movements (called Asanas) as you gain a more comprehensive understanding of the benefits of yoga including a stronger, more flexible body. (Please bring a mat or small blanket for the floor.)

Instructor: Lou Asselin

11:30 a.m. to 12:30 p.m.

Tuesdays, October 5 to December 7

Conference Center

Fee: \$40 per person for all ten weeks

Yoga – Intermediate (Chilton Memorial)

This class expands on knowledge gained in the beginner course. Incorporating the use of physical postures, breathing and relaxation, and meditation techniques will tone the body and calm the mind. (Please bring a mat or small blanket for the floor.) Note: At least two beginner sessions must be completed prior to moving into the intermediate class.

Instructor: Lou Asselin

10 to 11 a.m.

Tuesdays, October 5 to December 7

Chilton Memorial Collins Pavilion

Conference Center

Fee: \$40 per person for all ten weeks

Yoga – Beginner (Siena Village, Wayne)

Learn a complete range of movements (called Asanas) as you gain a more comprehensive understanding of the benefits of yoga including a stronger, more flexible body. (Please bring a mat or small blanket for the floor.)

Instructor: Lou Asselin

11:30 a.m. to 12:30 p.m.

Fridays, October 8 to December 10

Location: Siena Village Community Room, 1000 Siena Village, Wayne

Fee: \$40 per person for all ten weeks

Yoga – Intermediate (Siena Village, Wayne)

This class expands on knowledge gained in the beginner course. Incorporating the use of physical postures, breathing and relaxation, and meditation techniques will tone the body and calm the mind. (Please bring a mat or small blanket for the floor.) Note: At least two beginner sessions must be completed prior to moving into the intermediate class.

Instructor: Lou Asselin

10 to 11 a.m.

Fridays, October 8 to December 10

Location: Siena Village Community Room, 1000 Siena Village, Wayne

Fee: \$40 per person for all ten weeks

Back it Up! (YM-YWHA, Wayne)

Strengthen and stretch your back to increase agility and decrease pain. You will be doing exercises to improve posture and relax the back. Wear comfortable clothing.

Instructor: Roberta Bergman, MS

11 a.m.

Fridays, October 15 to December 3

Location: YM-YWHA of North Jersey, 1 Pike Dr., Wayne

Fee: \$50 per person for all eight weeks

Introduction to Pilates (Siena Village, Wayne)

Beginner mat class of traditional Pilates. A total body workout that will increase flexibility of the spine, strengthen abdominal muscles and lower back, improve posture and establish a mind/body connection. Please bring a small blanket or towel and a mat to the first class. Class size is limited to 20 participants.

Instructor: Denise Swan, certified instructor in The Pilates Method

10 to 10:45 a.m.

OR

11 to 11:45 a.m.

Mondays, October 18 to January 17 (no class December 20 and 27)

Location: Siena Village Community Room, 1000 Siena Village, Wayne

Fee: \$50 per person for all twelve weeks

Introduction to Pilates (Chilton Memorial)

Beginner mat class of traditional Pilates. A total body workout that will increase flexibility of the spine, strengthen abdominal muscles and lower back, improve posture and establish a mind/body connection. Please bring a small blanket or towel and a mat to the first class. Class size is limited to 20 participants.

Instructor: Denise Swan, certified instructor in The Pilates Method

4 to 4:45 p.m.

OR

5 to 5:45 p.m.

Tuesdays, October 19 to January 18 (no class December 21 and 28)

Chilton Memorial Collins Pavilion Conference Center

Fee: \$50 per person for all twelve weeks

Better Bones – Beginner (Chilton Memorial)

Perform light resistance training to strengthen soft tissue (muscles) and bones as well as joints. This exercise class includes the use of resistance tubing and bands. Please bring 1, 2, or 3 lb. hand-held weights to the first class, as well as a mat or towel for the floor.

Instructor: Debbie Schrank, Certified Fitness Instructor by the American Council on Exercise

4:30 to 5:30 p.m.

Mondays, October 18 to January 24 (no class November 22, December 20 and 27)

Chilton Memorial Collins Pavilion Conference Center

Fee: \$45 per person for all twelve week

Better Bones – Intermediate (Chilton Memorial)

This class is designed for those individuals who have already completed the beginner level of Better Bones. Please bring 1, 2, or 3 lb. hand-held weights to the first class, as well as a mat or towel for the floor.

Instructor: Debbie Schrank, Certified Fitness Instructor by the American Council on Exercise

3:15 to 4:15 p.m.

Mondays, October 18 to January 24 (no class November 22, December 20 and 27)

Chilton Memorial Collins Pavilion Conference Center

Fee: \$45 per person for all twelve weeks



Better Bones – Beginner (YM-YWHA, Wayne)

Perform light resistance training to strengthen soft tissue (muscles) and bones as well as joints. This exercise class includes the use of resistance tubing and bands. Please bring 1, 2, or 3 lb. hand-held weights to the first class.

**Instructor: Debbie Schrank,
Certified Fitness Instructor by the
American Council on Exercise**

9 to 10 a.m.

**Tuesdays, October 19 to January
25 (no class November 23,
December 21 and 28)**

OR

11:30 a.m. to 12:30 p.m.

**Thursdays, October 21 to
January 27 (no class November 25,
December 23 and 30)**

**Location: YM-YWHA
of North Jersey,
1 Pike Dr., Wayne**

**Fee: \$45 per person for
all twelve weeks,
\$40 for YM-YWHA of
North Jersey members**

Better Bones – Intermediate (YM-YWHA, Wayne)

This class is designed for those individuals who have already completed the beginner level of Better Bones. Please bring 1, 2, or 3 lb. hand-held weights to the first class.

**Instructor: Debbie Schrank,
Certified Fitness Instructor by the
American Council on Exercise**

10:15 to 11:15 a.m.

**Tuesdays, October 19 to January
25 (no class November 23,
December 21 and 28)**

**Thursdays, October 21 to
January 27 (no class November 25,
December 23 and 30)**

**Location: YM-YWHA
of North Jersey,
1 Pike Dr., Wayne**

**Fee: \$45 per person for
all twelve weeks,
\$40 for YM-YWHA of
North Jersey members**



Lite Aerobics

Lite Aerobics will get your body moving and your heart pumping. This variable (non to low) impact cardiovascular format will combine dance-based steps with fun and easy-to-remember choreography. A warm up, cool down and easy stretching will round out the 45-minute class. Wear comfortable clothing, sturdy sneakers and a smile!

10:30 to 11:15 a.m.

**Wednesdays, October 20
to December 15
(no class November 24)**

**Location: Boys and Girls Club of
Wayne, 153 Garside Ave., Wayne**

**Fee: \$35 per person for
all eight weeks**



COSTA RICA – A TROPICAL PARADISE

What treasures Mother Nature will unfold on this incredible vacation to the tropical paradise of Costa Rica! A land of rich natural wonders, Costa Rica is dedicated to eco-tourism and protecting its 600 miles of pristine beaches set against a backdrop of lush tropical forests. Journey from San Jose, Costa Rica's colorful capital city located in the country's fertile Central Valley, ringed by soaring mountains on all sides, to San Carlos, where you will enjoy a two-night stay in a thermal spa resort surrounded by rainforest and hot springs. You'll enjoy a guided riverboat trip in a panga (covered canoe), making frequent stops to watch and photograph exotic wildlife indigenous to this area. In the Monteverde Cloud Forest Reserve, you will discover a rich collection of flora and fauna and visit a nearby local butterfly farm. From Monteverde, you'll travel to the scenic region of Guanacaste on the northwest Pacific coast and relax in wonderful accommodations directly situated on the magnificent blue waters of Manzanillo Beach. A leisurely ride through the countryside will take you to Sarchi, where you will visit a local oxcart factory and enjoy time to shop for native crafts and souvenirs. Seventeen meals are included with this 9-day escorted Collette tour. Your journey into paradise begins on March 6, 2005.

THE IMPERIAL CITIES

Three of Europe's loveliest and historic cities await you on this leisurely-paced tour, which offers three-night stays in each extraordinary location. Fine dining in centuries-old establishments will add to your cultural experience. In the "Golden City" of Prague, tours of the city will include the Jewish Quarter, Hradcany Castle, St. Vitus Cathedral, Old Town, and the unique astronomical clock. After a scenic ride through the countryside, you'll arrive in Vienna, where you'll enjoy a classical music concert featuring the works of the great composers who were inspired by Vienna's charms. Visit Schoenbrunn Palace, home to the Habsburg dynasty for more than 200 years, and enjoy a special cruise on the Danube River through the Wachau Valley, one of Europe's most beautiful areas. In the city of Budapest, you'll see Fishermen's Bastion, Mathias

Church and historic Old Buda, and enjoy excursions to the picturesque Hungarian Great Plain countryside. A spectacular horse show featuring Hungary's famed Lipizzaner horses, followed by a Hungarian feast in a traditional setting, will thrill you. A special Renaissance dinner will bring an end to this remarkable cultural tour. Sixteen meals are included with this 11-day escorted Collette tour. Explore these fascinating cities beginning on April 15, 2005.

AMERICA'S ROCKIES BY RAIL

Jagged mountains of granite, rolling green plains, crystal-clear lakes and refreshing streams paint the picture of a magnificent landscape on this nine-day tour highlighted by a grand rail adventure! Your journey begins in Spokane, Washington, before traveling to the pretty lakefront resort town of Coeur d'Alene, Idaho. Heading north brings you to Canada's Waterton Lakes National Park where a full day of leisure affords you the opportunity to acquaint yourself with the stunning scenic beauty found here. En route to Glacier National Park, travel the breathtaking "Going to the Sun Road," which stretches for 52 miles across the Continental Divide. A naturalist's paradise, Glacier National Park is where you'll discover acres and acres of forests, Alpine meadows and lakes, and over 70 species of mammals and over 270 species of birds. Montana's peaceful prairie and beautiful mountain landscape is evident as you travel from Great Falls to Bozeman. Along the way you will travel the scenic Missouri River aboard an open-air narrated riverboat and observe the land first explored by Lewis and Clark. Your grand adventure begins as you board the Montana Rockies Rail Tours streamliner train. Relax as you begin a 470-mile scenic journey from Livingston, Montana, to Sandpoint, Idaho, traveling along the historic route of the Northern Pacific Railroad. This spectacular rail trip will be narrated by onboard experts who will point out historic and scenic highlights en route. Fourteen meals are included with this 9-day escorted Collette tour. Your journey begins on June 11, 2005.

Ongoing Programs

Pre-registration is required for all programs. See page 20.

Experience the healing power of **Reiki**. Reiki, which means spiritually guided life force energy, dates back to ancient times. The 15-minute treatment is given to the recipient with the practitioner gently placing his/her hands on specific body areas. The recipient is fully clothed and sits in a chair. By appointment only from 10 a.m. to noon Mondays at the Chilton Memorial Collins Pavilion. Fee: \$10 for seniors 50 and older, \$15 for the general public. To make an appointment call **973-831-5367**.

Reflexology promotes the body's ability to adjust and balance during times of stress. We have more than 7,000 nerve endings on the soles of our feet. The reflexologist is trained to apply pressure to specific points in the feet. Reflexology has been shown to reduce stress & tension, improve circulation, alleviate headaches and reduce arthritic & back pain. Experience a session! Performed by a certified reflexologist from Chilton Sports Medicine and Rehabilitation. By appointment only from 10 a.m. to 12 noon on the 2nd and 4th Mondays of the month at the Chilton Memorial Collins Pavilion. Fee: \$ 25 for 15 minutes or \$45 for 30 minutes. To make an appointment call **973-831-5367**.



Chair Massage is a great way to de-stress and pamper oneself. Chilton Sports Medicine and Rehabilitation is pleased to offer chair massage to members of New Vitality. The 10-minute treatment is performed by a certified massage therapist from Chilton Sports Medicine and Rehabilitation. Fee: \$15 per session. By appointment only from 9 to 10:30 a.m. on Wednesdays and Fridays at the Chilton Memorial Collins Pavilion. To make an appointment call **973-831-0717**.

Diners Club Members, who must be 60 and older, can eat in Chilton Memorial's Cafeteria between 4:30 to 6:30 p.m. Monday to Friday. To join call **973-831-5367**.

Living Wills counseling is available by calling **973-831-5167**.

A free **Information and Referral Service** is available to assist community members in identifying hospital-based, local, and national agencies servicing the older adult population. Call **973-831-5167/5175** for more information.

State Health Insurance Assistance Program (SHIP) offers free, confidential assistance with Medicare paperwork and other medical insurance forms. Appointments can be made by calling **973-831-5017**.

New Vitality's Mall Walker Programs are a free, fun way to exercise with peers. At the Wayne Hills Mall on Berdan Ave. in Wayne, participants may walk from 9 to 10 a.m. Monday through Friday. At Willowbrook Mall in Wayne, participants may walk from 7 to 10 a.m. Monday through Saturday, and 9 to 11 a.m. on Sunday. In addition to each mall sponsoring their individual program, the mall walker programs are co-sponsored by Wayne Alliance for the Prevention of Drug and Alcohol Abuse, Chilton Cardiac Rehabilitation, Care One of Morris Assisted Living, Care One of Morris Skilled Nursing Facility, Carriage House Assisted Living, and Renaissance Subacute Care Center. Each program requires separate registration forms and separate identification tags. To register for either or both programs, call **973-831-5367**.



Access to **health care information** provided by the medical library at Chilton Memorial Hospital. You may use the library Monday through Friday by appointment only. To make an appointment call Chilton Memorial Hospital at **973-831-5058**.

Catalyst Scripts is a free prescription discount card available for New Vitality members. Simply take your prescription and your discount card to your favorite pharmacist, who will fill your prescription and tell you the amount you will be required to pay. The amount you can save varies from prescription to prescription, and it is possible that there may not be savings on every medication every time. For an application to receive your free card call the New Vitality office at **Response Link** is a home emergency response system that is available to seniors who wish to enhance their safety and assure their continued independence. Response Link features a compact base unit plus a lightweight remote unit that you can wear

around your wrist or neck. The system connects you to a highly trained Response Link emergency operator. In case of an emergency, you simply push a button and the Response Link operator will immediately begin to determine your needs. If the operator determines that you are unable to

speak, someone will be sent to assist you. Response Link can also be programmed to provide reminders to take medications at specific times. For more information call the Response Link area representative toll-free at **888-877-7233**.

Making a Difference

Do you like to read, work with children, or just have a little spare time to fill? Becoming a reading volunteer can be a rewarding experience and an important contribution to a young student's future. It also plays a meaningful part in bridging the gap and promoting a better understanding between generations. You do not need special skills to be a successful volunteer, and insurance coverage is provided by Retired & Senior Volunteer Program (RSVP) while participating in this community service. For further information about our "Wayne Reads" intergenerational program call Kathy Ferrara, Chilton Memorial Gerontology Program Specialist at **973-831-5175**.

A Good Use for "Extra" Life Insurance

When you first bought a life insurance policy, you probably hoped to ensure the financial stability of your family should something happen to you or your spouse. Have your circumstances changed since then?

Life insurance can be a multi-purpose financial tool. For example, it can provide liquidity for paying taxes and other expenses at death. But, believe it or not, some of the most satisfying uses for life insurance policies are connected with charitable giving!

If you have a life insurance policy you no longer need, you might contribute it to a charitable cause in which you believe. Perhaps you are considering a sizable bequest to Chilton Memorial Hospital Foundation, provided your family's future inheritance is not affected.

For example:

You have a policy that has a \$100,000 death benefit-- all going to your spouse or children. With the stroke of a pen on a change of beneficiary form, you could have \$10,000 go to Chilton and \$90,000 to the family. No legal fees; no new will; no irrevocable commitment made during lifetime.

Your donation to Chilton Memorial Hospital can truly make a difference by helping to fund a variety of expenses such as facilities improvement and updating of equipment. Your donation today can be applied toward the efforts currently underway to update our department of radiology.

The versatility of life insurance makes revisiting its uses a good idea. Questions? Call the Chilton Memorial Hospital Foundation at **(973) 831-5165** or logon to www.newcenturysociety.org.

Your Personal **Calendar Checklist**

Listed below is New Vitality's Fall 2004 class roster. Please keep it as a reminder of the programs for which you have registered. Refer to the remainder of the newsletter for program descriptions. This is not a registration form. Remember to call 973-831-5367 to register for free classes on or after September 9, 2004, and mail in your registration form for those classes with fees.

Alumni Writers

Tuesdays, September 14, October 5, November 2, December 7, January 4, 2005
10:30 a.m., Chilton

Who Gets Grandma's Yellow Pie Plate?

Monday, September 20
10 a.m., Chilton

Natural Aging Process

Wednesday, September 22
10 a.m., Chilton

Costa Rica – A Tropical Paradise

Wednesday, September 22
2 p.m., Chilton

Modern Stress/Ancient Remedies (\$25)

Thursdays, September 23 to November 11
12 noon, Chilton

Bringing Houseplants Indoors

Thursday, September 23
1 p.m., Chilton

Introduction to Computers (\$60)

Thursdays, September 23 to October 14
3 to 5 p.m.,
Wayne Valley High School

Long Term Care Insurance

Monday, September 27
1:30 p.m., Chilton
Call 800-315-3313 – Code NJ107

Health Fair at Cedar Crest Village

Tuesday, September 28
10 a.m. to 1 p.m.,
Cedar Crest Village
1 p.m. lecture – Tips for a Good Night's Sleep

Senior Targeted Crime

Thursday, September 30
1 p.m., Chilton

Declutter, Organize and Simplify Your Life!

Monday, October 4
10 a.m., Chilton

Are You Entitled? (Passaic County residents only)

Tuesday, October 5
1:30 p.m., YM-YWHA of North Jersey

Memory Workout (\$40)

Wednesdays, October 6 to November 3
(no class October 27)
1:30 p.m., Chilton

Senior Police Academy

Wednesdays, October 6 through November 17
9 a.m. to 12 noon,
Wayne Hills Mall

Set the Stage

Wednesday, October 6
2 p.m., Chilton

CPR for Family and Friends (\$10)

Tuesday, October 12 and
Wednesday, October 13
9 a.m. to 12 noon, Chilton

Your Best Shot at Good Health

Wednesday, October 13
2 p.m., Chilton

Long Term Care Insurance

Thursday, October 14
10 a.m., Chilton
Call 800-315-3313 – Code NJ108

Self-Defense for Older Adults

Thursdays, October 14 to
November 4
10 to 11:30 a.m.,
YM-YWHA of North Jersey

Are You Entitled? (Morris County residents only)

Monday, October 18
10 a.m., Chilton

Women of a Certain Age – Act I (\$50)

Mondays, October 18 to
November 15
1 to 2:30 p.m., Chilton

Imperial Cities of Europe

Tuesday, October 19
10 a.m., Chilton

Your Personal Calendar Checklist

Your Aging Parent and You (\$15, \$25 for two family members)

Tuesdays, October 19 to November 16
6:30 to 8:30 p.m., Chilton

Introduction to Computers (\$60)

Thursdays, October 21 to November 18 (no class November 4)
3 to 5 p.m., Wayne Valley High School

Abigail Adams: Dearest Friend

Friday, October 22
2 p.m., Wayne Public Library

Age Defying Solutions

Friday, October 29
10 a.m., Chilton

Discovering the Writer Within

Tuesdays, November 2 to 23
1 p.m., Chilton

Beyond the Basics: Investment Strategies for Women

Wednesday, November 3
1:30 p.m., Chilton

Long Term Care Insurance

Thursday, November 4
1:30 p.m., Chilton
Call 800-315-3313 – Code NJ109

AARP Driver Safety Program (\$10, payable to AARP)

Fridays, November 5 and 12
10 a.m. to 3 p.m., Chilton

The Word on GERD

Thursday, November 18
2 p.m., Chilton

Diabetes and Your Diet

Friday, November 19
2 p.m., Wayne Public Library

Relationships and Intimacy in Later Years

Part I – For Women Only
Wednesday, December 1
1 p.m., Chilton

Holiday Celebration (\$3)

Thursday, December 2
3 p.m., Chilton

America's Rockies by Rail

Friday, December 3
10 a.m., Chilton



EXERCISE CORNER

Classes at Chilton Memorial Hospital

T'ai Chi Chih – Beginners (\$40)

Thursdays, September 23 to December 16
(no class November 25)
10 a.m., Chilton

T'ai Chi Chih – Intermediate (\$40)

Thursdays, September 23 to December 16
(no class November 25)
11 p.m., Chilton

Yoga – Beginners (\$40)

Tuesdays, October 5 to December 7
11:30 a.m., Chilton

Yoga – Intermediate (\$40)

Tuesdays, October 5 to December 7
(10:00 a.m., Chilton)

Better Bones – Beginner (\$45)

Mondays, October 18 to January 24
(no class November 22, December 20 and 27)
4:30 to 5:30 p.m., Chilton

Better Bones – Intermediate (\$45)

Mondays, October 18 to January 24
(no class November 22, December 20 and 27)
3:15 to 4:15 p.m., Chilton

Introduction to Pilates (\$50)

Tuesdays, October 19 to January 18
(no class December 21 and 28)
4 to 4:45 p.m. or 5 to 5:45 p.m., Chilton

Your Personal Calendar Checklist

EXERCISE CORNER

Classes in the Community

T'ai Chi Chih – Beginners (\$40)

Tuesdays, September 21 to
December 14

(no class November 23)

10 a.m., Boys and Girls Club,
Wayne

T'ai Chi Chih – Intermediate (\$40)

Tuesdays, September 21 to
December 14

(no class November 23)

11 a.m., Boys and Girls Club,
Wayne



Aquacise (\$45)

Fridays, September 24 to
December 17

(no class October 1, 8 or
November 26)

12 to 1 p.m. or 1:15 to 2:15 p.m.,
YM-YWHA, Wayne

Line Dancing (\$35)

Fridays, October 1 to
November 12

10 a.m., Cedar Crest Village

Yoga – Beginners (\$40)

Fridays, October 8 to
December 10

11:30 a.m., Siena Village, Wayne

Yoga – Intermediate (\$40)

Tuesdays, October 8 to
December 10

10:00 a.m., Siena Village, Wayne

Back it Up! (\$50)

Fridays, October 15 to
December 3

11 a.m., YM-YWHA, Wayne

Introduction to Pilates (\$50)

Mondays, October 18 to
January 17

(no class December 20 and 27)

10 to 10:45 or 11 to 11:45 a.m.,
Siena Village, Wayne

Better Bones – Beginner (\$45/\$40 for Y members)

Tuesdays, October 19 to
January 25

(no class November 23,
December 21 and 28)

9 to 10 a.m., YM-YWHA, Wayne

Better Bones – Intermediate (\$45/\$40 for Y members)

Tuesdays, October 19 to
January 25

(no class November 23,
December 21 and 28)

10:15 to 11:15 a.m.,
YM-YWHA, Wayne

Lite Aerobics (\$35)

Wednesdays, October 20 to
December 15

(no class November 24)

10:30 to 11:15 a.m., Boys and
Girls Club of Wayne

Better Bones – Intermediate (\$45/\$40 for Y members)

Thursdays, October 21 to
January 27

(no class November 25,
December 23 and 30)

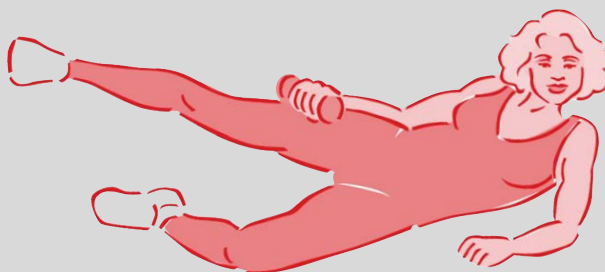
10:15 to 11:15 a.m.,
YM-YWHA, Wayne

Better Bones – Beginner (\$45/40 for Y members)

Thursdays, October 21 to
January 27

(no class November 24,
December 23 and 30)

11:30 a.m. to 12:30 p.m.,
YM-YWHA, Wayne



PRE-REGISTRATION IS REQUIRED FOR ALL PROGRAMS

REGISTRATION WILL OPEN SEPTEMBER 9, 2004



To register for FREE classes:

Call 973-831-5367. If you are calling to register friends as well, please have their addresses and telephone numbers available. If the class is full when you call, you will be placed on a waiting list and notified if an opening occurs. Please keep the remainder of this calendar as a reminder of the dates and locations.

To register for classes with fees:



1. Tear out and complete the registration form on pages 21 and 22.

2. Mail the completed form along with your check to:

Chilton Memorial Hospital
Attn: New Vitality/Gerontology Services
97 West Parkway
Pompton Plains, NJ 07444

Enclose a **separate check** for each class, and make your check payable to **Chilton Memorial Hospital** unless otherwise noted. **NOTE: You will not receive a confirmation notice** – please be sure to mark your calendar accordingly.

3. If the class is full when we receive your check, your check will be returned and you will be placed on a waiting list and notified if an opening occurs. **Refunds cannot be made once a class has begun, and discounts cannot be given for missed classes.**

Chilton Memorial Hospital

is located at 97 West Parkway, Pompton Plains.

Classes are on the second floor of the Collins Pavilion, which is located adjacent to the hospital.

For directions, call **973-831-5367**.

The Chilton Memorial Hospital Health and Wellness Center

is located at the YM-YWHA of North Jersey, 1 Pike Drive, Wayne.

For directions, call **973-720-9625**.

Please note other class locations listed separately in the newsletter.

**In case of severe inclement weather, call 973-831-5367
for a recorded message indicating cancellation of class/program.**

Registration Form

Please refer to calendar 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**, unless otherwise noted.

Registration for all classes will open on September 9. Please complete both sides of registration form.

T'ai Chi Chih – Beginners

Boys and Girls Club of Wayne

_____ # of people attending

Fee: \$40 per person

T'ai Chi Chih – Intermediate

Boys and Girls Club of Wayne

_____ # of people attending

Fee: \$40 per person

T'ai Chi Chih – Beginners

Chilton Memorial

_____ # of people attending

Fee: \$40 per person

T'ai Chi Chih – Intermediate

Chilton Memorial

_____ # of people attending

Fee: \$40 per person

Modern Stress/Ancient Remedies

Chilton Memorial

_____ # of people attending

Fee: \$25 per person

Better Bones – Beginners

Chilton Memorial

_____ # of people attending

Fee: \$45 per person

Better Bones – Intermediate

Chilton Memorial

_____ # of people attending

Fee: \$45 per person

Better Bones – Beginners

Health and Wellness Center

Tuesday classes

AND/OR

Thursday classes

_____ # of people attending

Fee: \$45 per person

\$40 for Y members

Better Bones – Intermediate

Health and Wellness Center

Tuesday classes

AND/OR

Thursday classes

_____ # of people attending

Fee: \$45 per person

\$40 for Y members

Aquacise

Health and Wellness Center

_____ # of people attending

Fee: \$50 per person

Yoga – Beginners

Chilton Memorial

_____ # of people attending

Fee: \$40 per person

Yoga – Intermediate

Chilton Memorial

_____ # of people attending

Fee: \$40 per person

Yoga – Beginners

Siena Village, Wayne

_____ # of people attending

Fee: \$40 per person

Yoga – Intermediate

Siena Village, Wayne

_____ # of people attending

Fee: \$40 per person

Introduction to Pilates

Siena Village, Wayne

10 to 10:45

OR

11 to 11:45

_____ # of people attending

Fee: \$40 per person

Introduction to Pilates

Chilton Memorial

4 to 4:45

OR

5 to 5:45

_____ # of people attending

Fee: \$40 per person

Back it Up

Health and Wellness Center

_____ # of people attending

Fee: \$50 per person

Turn over to complete registration form 

Registration Form

Check box for class(es) desired and remember to enclose a **separate check** for each class, **payable to Chilton Memorial Hospital**, unless otherwise noted.

Please refer to calendar for class dates, times, and locations.

Registration will open on September 9. Please complete both sides of registration form.

Line Dancing
Cedar Crest Village
_____ # of people attending
Fee: \$35 per person

Lite Aerobics
Boys and Girls Club of Wayne
_____ # of people attending
Fee: \$35 per person

Your Aging Parent and You
Chilton Memorial
_____ # of people attending
Fee: \$15 per person, \$25 for two family members

Women of a Certain Age
Chilton Memorial
_____ # of people attending
Fee: \$50 per person

AARP Driver Safety Program
Chilton Memorial
_____ # of people attending
Fee: \$10 per person payable to AARP

The Total Memory Workout
Chilton Memorial
_____ # of people attending
Fee: \$40 per person

CPR for Family and Friends
Chilton Memorial
_____ # of people attending
Fee: \$10 per person

Introduction to Computers
Wayne Valley High School
 Sept. 23 to Oct. 14
OR
 Oct. 21 to Nov. 18
_____ # of people attending
Fee: \$60 per person

Holiday Party
Chilton Memorial
_____ # of people attending
Fee: \$3 per person

Please return entire page.

Name(s) _____

Address(es) _____

City _____ State _____ Zip _____

Daytime Phone _____ Total Enclosed \$ _____

Mail check(s) and form to:
Chilton Memorial Hospital
Attn: Gerontology Services/New Vitality
97 West Parkway
Pompton Plains, NJ 07444

To register for free classes,
call 973-831-5367.
Confirmations will not be sent –
mark your calendar accordingly.

New Vitality

FREE* New Medicare-Approved Drug Discount Card

As our valued member, we are pleased to offer you a FREE* new Medicare-approved drug discount card. The new card, developed in response to the 2003 Medicare reform legislation and approved by Medicare, provides an enhanced savings on brand name and generic prescription drugs at an expanded network of pharmacies.

ScriptSave Premier, our new Medicare-approved card, offers up to 50 percent savings on brand name and generic medications, with even greater savings on some brand name drugs.**

Other companies will charge up to \$30 for a Medicare-approved card, but with ScriptSave Premier, there's no enrollment fee!*

To receive the free* new Medicare-approved ScriptSave Premier card, call toll-free, 1-866-537-7479 (1-866-LESS4Rx), Monday through Friday from 8 a.m. to 4:30 p.m. EST-PST (TTY users call 1-888-339-7322) and reference group # M1296.

For more information about Medicare or Medicare benefits, you may call 1-800-MEDICARE (1-800-633-4227). TTY users call 1-877-486-2048.

We hope you will enroll for your free card today.

*Enrollment is free, however there is a cost for prescription drugs.

** Discounts vary by drug. Contact ScriptSave Premier to find out the discounted prices of your prescriptions.

In order to receive a discount through ScriptSave Premier, the prescriptions must be filled at a ScriptSave Premier network pharmacy in your service area. There are two ScriptSave Premier network pharmacy service areas. Defined as Region 1: Pharmacies in Alaska and Hawaii; and Region 2: Pharmacies in all states including Washington, D.C., excluding Alaska and Hawaii. ScriptSave Premier's pharmacy network consists of major chains, supermarkets, retailers and independent pharmacies. A network pharmacy is a pharmacy where your discounted drugs can be purchased and transitional assistance can be used.

MDDC02-0304 Approved 04/26/04

Facts You Should Know about the Medicare-Approved Drug Discount Cards

The prescription benefit plan of Medicare does not go into effect until January 1, 2006. However, Medicare has authorized private companies to offer interim, voluntary discount cards. Such discount cards are good until December 31, 2005 when Medicare prescription benefits begin on January 1, 2006.

- The Medicare-approved discount card is NOT insurance. It is a discount like when you purchase anything that is on sale at a reduced price.
- You can get only one Medicare-approved drug discount card at a time.
- If you enroll in a Medicare-approved drug discount card, you are the only person who can use it.

- Many Medicare-approved drug discount card companies will have a list of drugs they will discount. This is called a discount drug list or formulary. You will only get a discount on the drugs that are on a company's drug discount list.

You can compare drug discount cards at www.medicare.gov on the web or call 1-800-MEDICARE (1-800-633-4227) to receive a copy of "Guide to Choosing a Medicare-Approved Drug Discount Card." If you have any questions, you may also contact the State Health Insurance Assistance Program (SHIP) office in your county.

Celebrate Chilton Memorial Family Day at the Pequannock Ho-Down!

Join friends and neighbors from Pequannock, Pompton Plains, and other nearby communities as Chilton Memorial Hospital hosts its 50th Anniversary Family Day event in tandem with the Pequannock Ho-Down. Scheduled for **11 am - 5 pm, September 18th** in Pequannock's Greenview Park on West Parkway, the day will be fun-filled and memorable for the entire family.

The day should be action-packed for those of all ages with games, entertainment, and important health screenings.

Mark your calendar for Saturday, September 18th so that you can be part of this historic community event. Rain Date is Saturday, October 2. Hope to see you there!



Serious About Travel? Come Join the New Vitality Travel Club!

New Vitality and Collette Vacations arrange escorted tours for members to great destinations all over the globe. Costa Rica, The Imperial Cities of Europe, and America's Rockies by Rail are all on our agenda for early in 2005.

If you are ready to do some traveling, why not join the New Vitality Travel Club? There is no obligation to travel on any tour, but with this group, we think you'll be motivated to pack those suitcases frequently.

The next meeting of the Travel Club will be held on **September 22nd, immediately following the Costa Rica slide show at Chilton Memorial's Collins Pavilion**. Be prepared to discuss the places where you've been, and where you want to go. We're counting on you to head us in the right directions.

For more information, or to pre-register, call Kathy at **973-831-5175**.




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