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AFFORDABLE CARE ACT, SIX MONTHS IN

# PULSE CHECK: OBAMACARE



Shade Grahling (right), the Affordable Care Act coordinator at Morristown's Zufall Health Center, discusses New Jersey Family Care enrollment with Robin Dickerson of Wharton last week. BOB KARP/STAFF PHOTOGRAPHER

## In Morris County, more people are insured, more doctors are stressed

By Lorraine Ash @LorraineVAsh

Six months into life under the Patient Protection and Affordable Care Act, changes are rippling through the health care system in Morris County and across the state. ¶ Doctors' offices, urgent care centers, mental health agencies and medical clinics are flooded with newly covered patients — 430,000 of them in New Jersey as of early March, according to the latest preliminary statistics from the Health Reform Monitoring Survey.

Because of the small sample size on which the projections are based, no county figures are available. Some 62 percent of the enrollees statewide signed up for Medicaid, according to survey projections and federal statistics. The remaining 162,000 bought private plans on the Health Insurance Marketplace, 84 percent of them using government subsidies. But that's not close to the whole story. People everywhere, from overwhelmed

doctors to bewildered patients, find themselves navigating a world of complexity. "People are still managing their way through the transition, and we need to give it a little time," said Joel Cantor, director of the Center for State Health Policy at Rutgers University. "This is the biggest change in American health care since (Medicare and Medicaid were cre-

See CARE, Page A6

### OBAMACARE IN MORRIS COUNTY

**430,000**  
newly covered patients in N.J.

**162,000**  
N.J. residents who bought private plans on the Health Insurance Marketplace

**80,000**  
N.J. senior citizens who lost access to \$0 premium Medicare Advantage plans

**4,500**  
Morris County senior citizens who lost access to \$0 premium plans

**INSIDE** For profiles of people impacted by the Patient Protection and Affordable Care Act, see **Pages A6 and A8.**



This is the vineyard at Cava Winery in Hamburg. DAWN J. BENKO/CORRESPONDENT

## N.J. wine offerings blossom

Sussex wineries offer weekend getaway close to home

By Michael Izzo @MlizzoDR

HAMBURG — A wine trail has been blazed through northern New Jersey, offering opportunities to try the state's unique vintages in rustic surroundings.

Anthony Riccio, owner of Cava Winery in Hamburg, hopes people take time this summer to enjoy the Sussex County Wine Trail, where his winery is one of three within about 24 miles of each other, all less than an hour from any part of Morris County.

But while the trail map — available at [newjerseywines.com](http://newjerseywines.com) — implies Cava is the place to start, Riccio insists it's where the trail should end, following Westfall Winery in Montague and Ventimiglia Vineyard in Wantage.

"End with us, but go to Ventimiglia and Westfall first," Riccio said. "Each of the wines on the Sussex Trail has something unique to offer. We want you to culminate at Cava because of the culinary experience."

Riccio said Cava offers an Italian spin on a winery experience, which is why he made sure it includes food. On weekends the winery has a chef who prepares pizzas and antipasto plates, among other items, incorporating wine into the menu. The winery also stays open until 8 p.m., two hours later than the other wineries on the trail, encouraging people to end and dine at Cava.

"We support each other and want everyone to benefit," Riccio said of the region's wineries. "Ventimiglia has a great winemaker. From one winemaker to another, he is experienced. Westfall has a great park-like setting, where you can sit out on blankets and enjoy the atmosphere during the nicest part of the day. And Cava gives you that Italian experience."

Riccio learned to make wine in Italy,

See WINE, Page A10

RETURNING HOME: LIVING WITH PTSD

## A veteran's best friend

K9s for Warriors pairs shelter dogs with vets

By Susan Loyer @SusanLoyerMyCJ

Scott Young, who suffers from post traumatic stress disorder, or PTSD, has "a new leash on life" and he's holding on tight. Thanks to K9s for Warriors, his best friend, Whiskey, is helping him cope with his disorder. "She has given me a reason to live," said the 39-year-old Young, who grew up in North Plainfield and now lives in



Scott Young, 39, of Berkeley Heights gets ready for a walk with Whiskey, a dog he received from K9s for Warriors, an organization that rescues dogs from shelters and trains them to help military troops and veterans. TANYA BREEN/STAFF PHOTOGRAPHER

See VETERANS, Page A2

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