

seniorclass

Baystate  Health

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Dear Senior Class Member:

Created in 1988, Senior Class has been providing you with health information from our premier health care professionals, as well as fun special events and screenings, for almost 30 years. There have been a lot of amazing advances in health care over the years, and we will surely see more. People are living longer than ever before, and we are proud that we've partnered with you so you have the best, most current information you need to make the right health care decisions so that you can enjoy a healthy and happier lifestyle.

We're always working to make your membership as easy as possible, and are pleased to now offer online registration for our events. Now you can register for events at any time of day or night on your computer, device, or smartphone. Simply visit Senior Class website at baystatehealth.org/seniorclass and choose the event you want to attend. All we need is your name and email address. You will receive an email confirmation, as well as any necessary event updates and reminders. You can also visit our website to update your contact information and see the full version of our most recent newsletter.

As we think about our future let's all...Be Inspired. Be Healthier. Belong.

Susan M. Fontaine

Loyalty Programs, Senior Coordinator

Email: sue.fontaine@baystatehealth.org

Baystate Medical Center 413-794-5200

Baystate Mary Lane Hospital 413-967-2200

Baystate Franklin Medical Center 413-773-2433

Baystate Wing Hospital 413-967-2200

Baystate Noble Hospital 413-794-5200

Baystate Health is a leading not-for-profit health system with the charitable mission of improving the health of the people in our communities every day, with quality and compassion.

Visit our website at: baystatehealth.org/seniorclass

Follow us on Facebook, Twitter, and YouTube: Baystate Health

Seminars & Events

Register for all events at baystatehealth.org/seniorclass! Simply select the event and provide your name and email address. Registration is required for all events.

Tai Chi with Dragon Stretch Qi Gong

Fridays, 2-3 pm

February 10, 17, 24, March 3, 10, 17, 24, 31

Baystate Health Education Center

361 Whitney Ave, Holyoke

9 Form Tai Chi involves a combination of healthful Tai Chi and Qi Gong movements designed for ease with all abilities. The Dragon Stretch Qi Gong presents a set of simple stretches that open the meridians (channels for energy flow) throughout the body, promoting good health and good energy. Anyone can do these forms, and with practice, become proficient. Classes will be led by Brian Kean. There will also be a focus on Tai Chi stretching, breathing forms, and silk reeling. Space is limited. Light refreshments served. Fee: \$10 per class per person.



Protecting Your Assets

Join Christopher T. Cloutier, MSFS, Retiree Financial Services; and Hyman Darling, Esq., Bacon & Wilson Associates, for a discussion about elder planning and how to protect your assets from long-term illness. There will also be an overview of probate avoidance, estate taxes, and gifting. Refreshments served.

FREE! Offered on two dates:

Tuesday, March 7, 5:30-7 pm

Tuesday, May 16, 5:30-7 pm

Baystate Health Education Center

361 Whitney Ave, Holyoke

Gut Instinct

Monday, March 13, 6-7:30 pm

Baystate Health Education Center

361 Whitney Ave, Holyoke



Dr. Sotelo

In your gut reside trillions of microorganisms. The composition of human gut flora changes over time, affected by changes in diets, antibiotic treatments, and other factors. These microorganisms form a complex ecosystem that plays an important role in keeping you healthy.

At times help is needed to restore the gut flora. Join Dr. Jorge Sotelo, gastroenterologist, Baystate Gastroenterology, for a discussion about gut flora and interventions for such things as clostridium difficile (c. diff.) as well as causes, symptoms, and treatments. Refreshments served. FREE!

The Balancing Act

Do you have a fear of falling? Have you ever been told you are slightly off balance? Join Baystate Rehabilitation Care experts Nancy Densmore, PTA; Michelle Downs, PT; and Erin Jarosz, OT, clinical supervisor; Ida Konderwicz, RN, Baystate Medical Center Injury Prevention Program; Paula Aritan, Baystate Home Infusion & Respiratory Services; Karen Kiernan, PT, and Dena Plante, PTA, Baystate Wing Hospital for an interactive event on fall prevention. Each attendee will receive:

- Discussion about individual risk factors with a physical therapist
- Instructions for specific exercises to improve balance
- Information about environmental safety and equipment that may help prevent falls
- A falls-prevention checklist and prevention strategies
- Information about the types of fall injuries

Wear comfortable clothing. Refreshments served. Space is limited. FREE!

Offered on three dates:

Monday, February 27, 6-7:45 pm

Baystate Health Education Center

361 Whitney Ave, Holyoke

Monday, May 8, 6-7:45 pm

Baystate Health Education Center

361 Whitney Ave, Holyoke

Monday, May 22, 6-7:45 pm

Baystate Wing Hospital, Snow Conference Room, 40 Wright Street, Palmer

BAYSTATE MEDICAL CENTER

Mini Medical School

Spring 2017 Semester

In this popular 8-week educational program, an outstanding group of Baystate physicians discuss a variety of medical topics. Students graduate being able to make more informed decisions about all aspects of their health care. No homework. No tests.

All classes are held on Thursdays at: Chestnut Conference Center 1A&B, Baystate Medical Center, 759 Chestnut Street, Springfield.

Cost: \$95; \$80 for Baystate Health employees, Senior Class and Spirit of Women Members.
To register: visit baystatehealth.org/minimed or call 413-794-7630. Space is limited.



MARCH 23

6-9 pm

Orientation, Lecture & Tour
"Hey, I Finally Got Into Medical School!"

Michael Rosenblum, MD

Director, Internal Medicine
Residency Program

Tours - Baystate Children's Hospital; Wesson Women & Infants' LDRP Unit; Baystate Dining Services; "Talk with our RNs"



APRIL 20

6-9 pm

Pathology

Richard Friedberg, MD

Chair, Pathology

Tour of the lab



MARCH 30

6-8 pm

Anesthesiology

Michael Bailin, MD

Chair, Anesthesiology



APRIL 27

6-8 pm

Dementia

Stuart Anfang, MD

Chief, Adult Psychiatry



APRIL 6

6-8 pm

Opioid Crisis

Peter Friedmann, MD

Chief Research Officer



MAY 4

6-8 pm

Deep Brain Stimulation

Mohamad Khaled, MD

Neurosurgeon



APRIL 13

6-9 pm

Surgery

Neal Seymour, MD

Chief, General Surgery

*Tour of Chestnut Surgery Center,
Baystate's Simulation Center &
Goldberg Surgical Skills Lab*



MAY 11

6-9 pm

Emergency Medicine

Joseph Schmidt, MD

Vice Chair, Emergency
Medicine

Graduation Ceremony



Mini
Medical
School
Baystate Health

Register for all events at baystatehealth.org/seniorclass! Simply select the event and provide your name and email address. Registration is required for all events.

More than Forgetfulness

Wednesday, March 22, 6-7:30 pm
Baystate Health Education Center
361 Whitney Ave, Holyoke



Dr. Anfang

Alzheimer's disease and dementia insidiously rob people of their memories and wreak havoc on the lives of their loved ones. Join Dr. Stuart Anfang, chief, Baystate Behavioral Health, for a discussion about Alzheimer's disease and dementia, including diagnosis, stages, myth busters, how they affect the brain, and today's treatments. Refreshments served. FREE!

Take Control: Developing Your Personal Wellness Plan

Join us for this event designed to help you kick-start your efforts to improve your health. Your wellness plan should include steps to improve your physical, mental, emotional, and spiritual health. Whether your goal is to lose weight, increase your activity, or improve your overall wellness, a plan can help you stay on track. Join us as our primary care doctors discuss creating a wellness plan, provide recommendations, suggest important checkpoints, and give you healthy tips. Free screenings will be provided for blood pressure, body mass index, and bone density, and you'll have an opportunity to make an appointment with a provider. Refreshments served.

FREE! Offered on two dates and locations:



Dr. Jobbins

Tuesday, March 28, 6-8 pm
Baystate Wing Hospital
40 Wright St, Palmer
Presenter: Dr. Kathryn Jobbins, primary care provider, Baystate Wing Hospital



Dr. Usmani

Wednesday, March 29, 6-8 pm
Baystate Health Education Center
361 Whitney Ave, Holyoke
Presenter: Dr. Saad Usmani, primary care provider, BMP East Longmeadow Adult Medicine

In recognition of National Healthcare Decisions Day

Who Will Speak For You?

Thursday, April 20, 1-3:30 pm
Baystate Health Education Center
361 Whitney Ave, Holyoke



Dr. Starr

Join Dr. Rebecca Starr, Health New England, for a discussion about what advanced care planning includes, the different terms and barriers associated with talking about advanced directives, and the different forms like the health care proxy and the Massachusetts Medical Orders for Life-Sustaining Treatment. All

attendees will leave with a packet of information that they can look over and discuss with their family and health care providers. Friendly staff from Health New England will be available after the talk to help you fill out the advanced directive forms. Refreshments served. FREE!

The Lost Towns of the Quabbin: A Natural History and Historic Field Trip

Monday, April 24, 9 am-4 pm
Rain Date: Monday, May 1, 9 am-4pm
Meeting Place: Crystal Spring Mall
Route 9 & Route 202, Belchertown

Join Dave Gallup on this hike back to the 19th century and discover the once thriving community of Dana – one of the four towns lost when the area was flooded to form the Quabbin Reservoir. On this four mile round-trip walk, you will journey on an old road through the open forest with stops along the way. Bag lunch, bottled water, and shuttle bus transportation provided. Bring a camera. More information provided on our website. Fee: \$35

Get a Leg Up on Varicose Veins

Wednesday, May 10, 6-7:30 pm
Baystate Health Education Center
361 Whitney Ave, Holyoke



Dr. Morris

Varicose veins are often associated with skin discoloration, inflammation, pigmentation, or hardening of the surrounding tissues. They may be a cosmetic concern because of their darkened appearance. They usually occur in the legs and feet because standing and walking increases the pressure in the veins of the lower half

of the body. Dr. Marvin Morris, vascular surgeon, Baystate Vascular Services, will discuss the types of veins in your body, contribution factors for varicose veins, symptoms of varicose veins, and the most effective treatments. Refreshments served. FREE!



Free Heart & Vascular Lecture Series 2017

Join us for all or part of this free annual series to learn about the latest advances in heart and vascular care. All seminars are held at the Baystate Health Education Center, 361 Whitney Ave, Holyoke. Heart healthy refreshments will be served and handouts provided.

Sunday, February 5, 12-2 pm

How Can I Prevent Heart Disease? What Should I Do If I Have It?



Dr. Stern

Join Dr. Adam Stern, preventive cardiologist, Baystate Medical Practices - Northampton Cardiology, for a physician perspective on factors we can control in the prevention and treatment of heart disease. Discussion will look at hypertension, high cholesterol, dietary considerations, controlling diabetes, and activity in the management of heart disease.

Sunday, February 12, 12-2 pm

Peripheral Vascular Disease (PVD)



Dr. Hadro

Join Dr. Neal Hadro, chief, Baystate Vascular Services, to learn about the cause, diagnosis, and how to determine if you're at risk for PVD. Discover the latest in treatments for those suffering from symptoms of peripheral vascular disease.

Sunday, February 19, 12-2 pm

To Be Determined

Watch your email for more information or visit baystatehealth.org/seniorclass

Sunday, February 26, 12-2 pm

Heart Vision: What Cardiac Diagnostic Tests Teach Us



Dr. Moore

Join Dr. Christopher Moore, radiologist and medical director, Cardiac Imaging; and Dr. William Hiser, director, Baystate Cardiology, for a look at the various tests used to help diagnosis and treat conditions of the heart. They will explain how each test plays an important role in viewing the anatomy and function of your heart. Learn about EKG, stress testing, ECHO, MRI and cardiac MRI, CT scans, and more.



Dr. Hiser

Baystate  Heart & Vascular Program

baystatehealth.org/bhvp

Baystate Medical Center is a Top 50 Cardiovascular Hospital in the U.S.

Baystate Medical Center has been named one of the nation's 50 Top Cardiovascular Hospitals by Truven Health Analytics™ for the seventh time.



"This recognition is a tremendous honor. From Ware to Bernardston and every community in between, we work tirelessly to ensure that people across this region have efficient access to sophisticated life-saving heart and vascular care," says Dr. Aaron Kugelmass, vice president of the Baystate Heart & Vascular Program.

"We respond to and treat cardiovascular conditions that extend from mild to the most critical of emergencies, while ensuring that safety and quality are integral components of each patient experience," he says. "The expertise, care, and compassion that our clinical teams demonstrate around the clock are second to none."

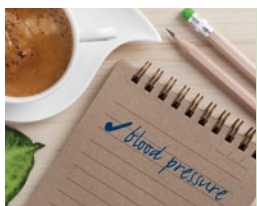
The study singled out hospitals that achieved superior clinical outcomes and used a rigorous process measuring performance in the key areas of:

- risk-adjusted mortality;
- risk-adjusted complications;
- percentage of coronary bypass patients with internal mammary artery use;
- 30-day mortality rates;
- 30-day readmission rates;
- severity-adjusted average length of stay; and
- wage- and severity-adjusted average cost.

The study showed if all cardiovascular providers in the U.S. performed at the level of Baystate Medical Center and the other Top 50 cardiovascular hospitals, nearly 9,000 additional lives could be saved, 6,000 more heart patients could be complication-free, and more than \$1.4 billion could be saved.

Baystate Medical Center is the only hospital in the region with the ability to unblock an artery and stop a heart attack 24 hours a day/7 days a week. Baystate cardiac surgeons perform more than 80% of all cardiac surgeries in western Massachusetts, and Baystate is among the top three highest-volume medical centers in the entire state for coronary surgery and coronary angioplasty.

Learn more about the Baystate Heart & Vascular Program at baystatehealth.org/heart



Screenings

Free Hearing Screenings
Baystate Rehabilitation Care
360 Birnie Ave, Springfield
Appointments: 413-794-2222

Baystate Rehabilitation Care
48 Sanderson St, Greenfield
Appointments: 413-773-2227

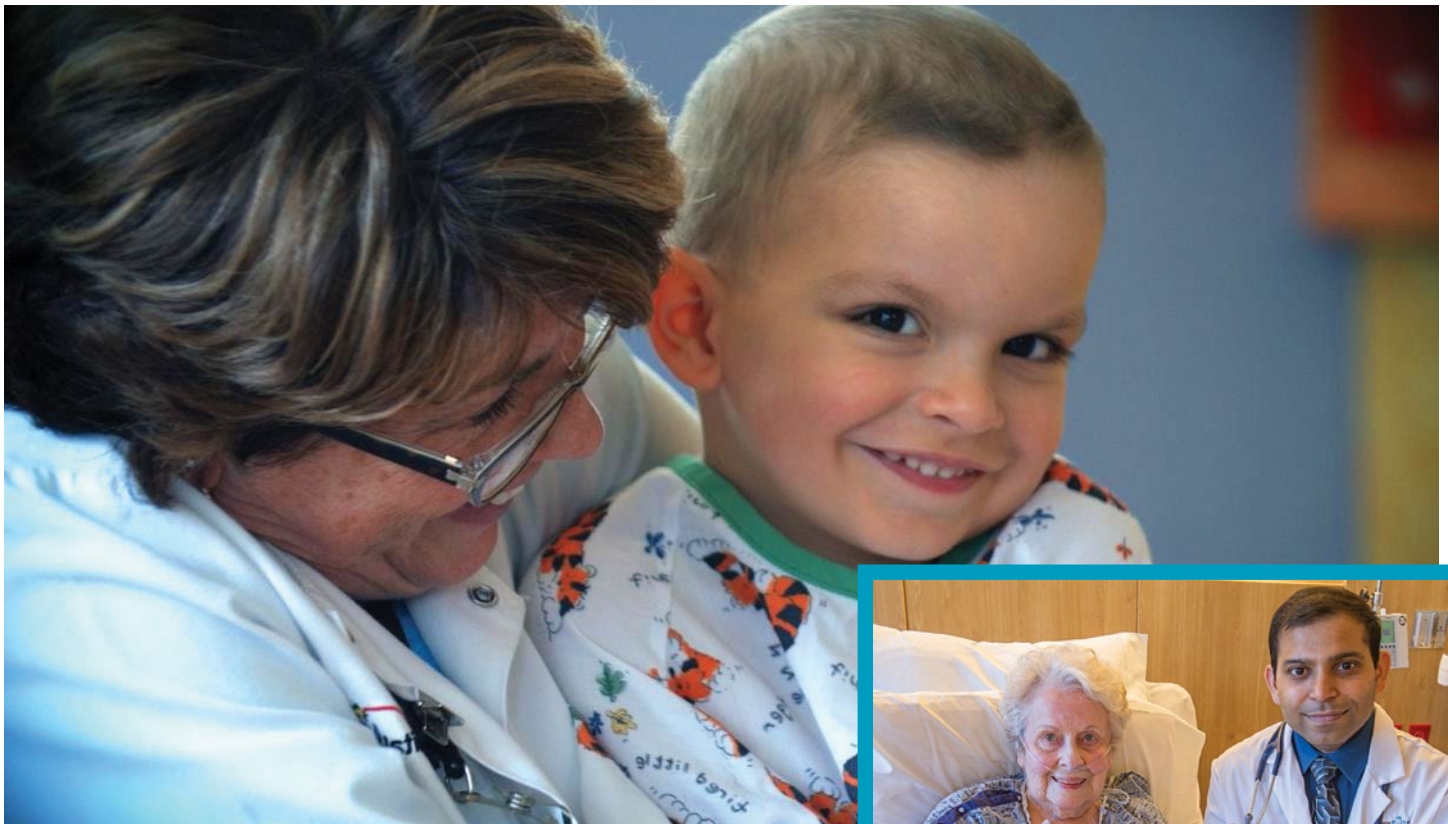
Free Blood Pressure Screening
Baystate Franklin Medical Center
164 High St, Greenfield
Thursdays, 9 am-12:30 pm
No registration required.

Baystate Mary Lane Hospital
Emergency Department
85 South St, Ware
Seven days a week, 6-9 am
No registration required.

Cholesterol Screening Program

Baystate Cardiac Rehabilitation & Wellness
3300 Main St, Springfield
First and second Wednesday of every month,
7:30-9:55 am
No pre-registration required, simply walk-in. Fee \$10

Baystate Franklin Medical Center
164 High Street, Greenfield,
Conference Room "A," Main entrance of BFMC
2nd Wednesday every other month:
2/8, 4/12, 6/14, 8/9, 10/11, 12/13
8:30-9:30 am
Pre-registration is required by calling 413-773-2727.
12-hour fasting required. Fee: \$10



impact

Charity begins at home. Baystate Health is keeping care local so that you and your family can receive excellent care close to home. As the landscape of healthcare is ever-changing, now more than ever philanthropy plays a pivotal role at Baystate Health. Your gift to Baystate Health Foundation enables us to keep specialized care close to home, bring new advances faster, and to deliver services that would not exist without your generosity.

This past year, you helped us fund scholarships for nurses, purchase web-cam monitors for the bassinets in our Davis Neonatal Intensive Care Unit and open a new surgical center at Baystate Franklin Medical Center. Next year, we are continuing to expand our commitment to delivering a higher state of caring by supporting the improvement of two new areas within Baystate Medical Center: the Pediatric Procedures & Oncology Unit and Acute Care for Elders (ACE) Unit. Both of these units are designed to offer the best in specialized care, comfort and convenience for patients, young and old.

Make an impact today. Please select Baystate Health Foundation as your charity of choice. **For more information on how you can support these and other fundraising initiatives at Baystate Health, please visit baystatehealth.org/bhf or call 413-794-5444.**



**Baystate
Health Foundation**

Together, you help us deliver a higher state of caring.

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Receive a Tax Deduction and Make a Powerful Gift that Pays You Stable Income for Life

You can help patients receive exceptional care at Baystate Health while you receive fixed payments for life. With attractive payment rates, a Baystate Health Foundation charitable gift annuity allows you to make a meaningful difference to patients and their families while enjoying tax and financial benefits, including:

- Secure fixed payments for life.
- Charitable deduction and tax savings.
- Partially tax-free income.
- Reduced or eliminate capital gains tax when you give with appreciated stock.



Kylie Johnson
Baystate Health
Foundation

For more information or for your free guide to strengthening your future with a gift annuity, please contact Kylie Johnson at 413-794-7789 or kylie.johnson@baystatehealth.org, or visit our website at baystatehealth.planmygift.org

Sample Rates for a \$10,000 Single-Life Charitable Gift Annuity with Baystate Health Foundation

Annuity Age at Gift	Payments Deferred to Age 70			Payments Begin Immediately					
	55	60	65	65	70	75	80	85	90
Annuity Rate	8.2%	7.0%	5.9%	4.7%	5.1%	5.8%	6.8%	7.8%	9.0%
Annual Payout	\$820	\$700	\$590	\$470	\$510	\$580	\$680	\$780	\$900
Charitable Deduction*	\$3,743		\$4,030	\$3,096	\$3,798	\$4,348	\$4,850	\$5,543	\$6,217

*Based on quarterly payments and a 1.8% IRS Discount Rate. Deductions may vary based on income earned.



Need a Primary Care Provider?

The following Baystate Medical Practices (BMP) are now welcoming new patients. For more information, visit providers.baystatehealth.org or call 1-800-377-4325.

BMP – East Longmeadow Adult Medicine

294 North Main Street, Suite 202
East Longmeadow | 413-525-4555

BMP - Greenfield Family Medicine

48 Sanderson Street, Greenfield | 413-773-2022

Baystate Wing – Monson Medical Center

2 Main Street, Monson | 413-370-8209

Baystate Wing – Palmer Medical Center

40 Wright Street, Palmer | 413-284-5400

BMP – Quabbin Adult Medicine

95 Sargent Street, Belchertown | 413-323-7212

BMP – Quabbin Adult Medicine

83 South Street, Suite 3, Ware | 413-323-7212

BMP –South Hadley Adult Medicine

470 Granby Road, South Hadley | 413-794-8700

BMP – West Side Adult Medicine

46 Daggett Drive, West Springfield | 413-794-9110

BMP – Wilbraham Adult Medicine

2377 Boston Road, Wilbraham | 413-596-5550

Baystate Wing – Wilbraham Medical Center

2344 Boston Road, Wilbraham | 413-370-8800



Heart Attacks Are Like Multi-Car Pileups:

The more risks you take, the more likely you are to have a problem.



Dr. Quinn Pack is a non-invasive cardiologist and the medical director of Cardiac Rehabilitation & Wellness at Baystate Medical Center.

Imagine your arteries are roads, and your red blood cells are cars. This is the analogy cardiologist Dr. Quinn Pack used at a recent Senior Class event when describing the effects of a variety of risk factors on your heart:

- High blood pressure is like heavy traffic in your arteries. It stresses them, can scar them, and overworks your heart.
- Smoking is the equivalent of speeding. It increases your blood pressure and heart rate. It also causes your blood to clot more easily, which may cause blockages; contains cancer-causing agents; and damages your artery walls.
- Think of high cholesterol as snow and ice on the road. It damages your arteries over time, and can build up and narrow or block the arteries.
- You may not realize that diabetes adds to the traffic congestion in your arteries as well. High blood sugar irritates blood vessels and can lead to significant inflammation, similar to a road under construction.
- Your family history can throw a few curves into the mix as well, as 10% of heart disease is genetic.

Heart Attack = Multi-Car Pileup

In his analogy, Pack likens a heart attack to a multi-car pileup. In a multi-car pileup, the road is blocked. You experience major delays, and arrive late, or not at all. And people can die.

During a heart attack, your artery is blocked. You experience chest pain, and little or no oxygen gets to your heart muscle. Your heart muscle begins to die, which can lead to your death.

"As we all know, it is sometimes possible to speed or drive in snow and not have a car accident," says Pack. "Similarly, not everyone

with high blood pressure or diabetes will have a heart attack. However, the more risks you have, the higher your overall risk for a heart attack. At the same time, the healthier choices you make, the lower your risk for heart disease will be in the future."

Clearing the Road

Pack says that to keep your artery "roads" open and hazard-free, the answer is a healthy lifestyle. He advises:

- Not smoking: "If you are a smoker, the single most important thing you can do for your health is to quit," says Pack. He says to increase your odds of success, "Choose a quit date; plan ahead and get support; and talk to your doctor and start taking medications to help."
- Regular physical activity (30 minutes a day): "If the benefits of exercise could be contained in a pill, it would be the most widely prescribed medicine in the world," says Pack.
- Taking your medications as prescribed. Pack quotes former surgeon general Dr. C. Everett Koop: "Drugs don't work in patients who don't take them."
- Maintaining a healthy weight: Pack says that weighing in daily, or at least weekly, is associated with healthier weights and long term weight loss.
- Eating a healthy diet: Pack refers to salt, sugar, and animal fats as the "dietary axis of evil," and recommends minimizing all three in your diet. "Eating better, regardless of any weight loss, will help you live longer and healthier," he says.



Spring Luncheon

Wednesday, April 26, 2017

Social hour: 11 am-12 pm, Luncheon: 12-3 pm

Chez Jozef, 176 Shoemaker Lane, Agawam

\$34 per person

- Choice of prime rib of beef, chicken Florentine, or maple glazed salmon
- Featuring the music of Richie Mitnick for your listening and dancing pleasure
- Complimentary photo with Memories in an Instant provided by Senior Class
- All seating will be assigned; send us your request and we will seat you together. Table reservation placement will be determined on a first-come basis.
- Handicapped accessible

Complimentary valet parking provided by HNE Medicare Advantage



Register by returning the form below with payment or on baystatehealth.org/seniorclass.

Shuttle transportation to and from the event from Baystate Franklin Medical Center, Greenfield; and Baystate Mary Lane Outpatient Center, Ware will be available if we register the minimum number needed for shuttles. Register for the shuttle at baystatehealth.org/seniorclass or call 413-794-5200.



Senior Class Spring Luncheon Registration Form

Complete this form and make checks payable and mail to Baystate Health Senior Class, 280 Chestnut St. 5th Floor, Springfield, MA 01199.

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____

Seating Requests _____

Number of person(s) x \$34 per person = \$ Total enclosed

Your Choice: ☐ Prime Rib of Beef ☐ Chicken Florentine ☐ Maple Glazed Salmon

☐ My check is enclosed

Please charge my:

☐ MC

☐ Visa

☐ Discover

☐ Amex

Credit Card Number

Expiration Date

Signature

Senior Class Trips

Senior Class partners with Collette Vacations to offer you some great vacation plans. Collette Vacations escorted tours have received rave reviews from our members over the years, and we are pleased to offer our members the opportunity to travel. A prospectus for each trip is available online at baystatehealth.org/seniorclass. To request a prospectus by mail, call Senior Class at 413-794-5200.

Canadian Rockies by Train

September 30-Oct 8, 2017
9 Days, 13 Meals

Highlights: British Columbia; Vancouver; VIA Rail; Jasper; Columbia Icefield; choice of Glacier Experience or Glacier Skywalk; Lake Louise; Banff; Calgary. Rates: Double \$4,449; Single \$5,649; Triple \$4,699. Included in price: round trip air from Bradley International Airport; air taxes and fees/surcharges; hotel transfers. Not included in price: cancellation waiver and insurance of \$350 per person.

Spotlight on Paris

October 10-16, 2017
7 Days, 7 Meals

Highlights: Eiffel Tower dinner; Seine River Cruise; Champs-Elysees; Place de la Concorde; Arc de Triomphe; Notre Dame Cathedral; Louvre Museum; Versailles Palace & Gardens. Rates: Double \$3,599; Single \$4,599. Included in price: round trip air from Logan International Airport; air taxes and fees/surcharges; hotel transfers. Not included in price: cancellation waiver and insurance of \$280 per person.

Discover Panama: The Land Between the Seas

February 22-March 2, 2018
9 Days, 15 Meals

Highlights: Gamboa Rainforest Resort; Embera Indigenous Village; Panama Canal Cruise; Panama City; Miraflores Locks; Anton Valley; Chitre; Rum Bodega; Playa Bonita. Rates: Double \$3,199; Single \$3,899; Triple \$3,169. Included in price: round trip air from Logan International Airport; air taxes and fees/surcharges; hotel transfers. Not included in price: cancellation waiver and insurance of \$280 per person.