



Baystate
Health



Published for members of the Baystate Health Every Woman program



IN THIS ISSUE

2 Turn Up the You
and Quiet the Critic

4 How to Feel better with
Less Stress and Anxiety

5 Baystate Health & Wellness
Center – Longmeadow
Community Open House!

Turn Up the You and Quiet the Critic

Wednesday, May 15, 5:30-8 pm
121 Club at Eastworks
116 Pleasant Street, Easthampton, MA



Join us for a night that's all about you and packed with positive energy. Enjoy live music with *Eavesdrop*, delicious food by Myers Catering, women's health information and shopping with some local vendors. Then Pam Victor, president, Happier Valley Comedy, and keynote speaker, will discuss five techniques for quieting your inner critic with easy, interactive, fun exercises.

Agenda:

5:30-7 pm Food, Music, Vendors
7-8 pm Dessert plus 5 Techniques
for Quietening Your Inner Critic
Fee: \$15
To register: <https://turnuptheyou.eventbrite.com>.
For more information call
413-794-5200.

Menu:

Creole Chicken Tartlets
Blackened Kielbasa with Horseradish Sauce
Vegetable Spring Rolls
Butternut Squash Wontons
Chicken Satay
Hummus Platter with Pita Chips & Veggies
Assorted Dessert
Fresh Fruit

How would your
life change if you
stopped listening
to the internal
voice of unhelpful
judgment?



5 Techniques for Quietening Your Inner Critic

*An Interactive Experience with Pam Victor, President,
Happier Valley Comedy*

Is there a voice inside your head that sometimes tells you you're not good enough? It might also give you negative messages like, "That idea is no good" and "Don't say that because people will think you're foolish." Professional improv comedian and author Pam Victor calls that voice the Evil Mind Meanie; it's the internal voice of unhelpful judgment that keeps us from tapping into our most creative, productive, authentic selves. Through wise and wise-cracking stories and easy-to-do, fun interactive exercises, Pam provides practical techniques for "swiping left" (quieting) the inner critic. You can put them into action right away to reach your full potential and live with more joy and ease. So ask yourself this: "How would your life change if you stopped listening to the internal voice of unhelpful judgment?" In this presentation, you can find out...and laugh a lot in the process too!

About Pam Victor

Pam Victor is a professional improviser, facilitator, teacher, and the Head of Happiness (a.k.a Founder and President) of Happier Valley Comedy, the first improv theater and training center in Western Massachusetts. Pam directs the three branches of the company: the comedy training center, regular shows, and the Through Laughter program for professional and personal development. Pam is also the author of several books.

A graduate of Smith College, with a Master's in Education from Iona College, Pam received improv training at iO Theater (Chicago), Annoyance Theatre (Chicago), ImprovBoston, and from Second City teachers. Pam is a nice person. She likes you already.

Seminars & Events

I'm Eating Less and Still Gaining Weight! What the Fructose?!

Thursday, May 30, 6-7:30 pm
Baystate Franklin Medical Center
164 High St, Greenfield

A majority of U.S. adults say it is harder to lose weight today compared to 10 years ago. There are hidden sugars and fructose everywhere. Join Dr. Pikeskumar Patel, gastroenterologist, Baystate Medical Practices-Greenfield Gastroenterology, for a discussion about the sweet stuff and our bodies, current research and information to help win the war on weight gain. Plenty of time for questions and answers. Healthy refreshments provided. To register: <https://eatinglessandstillgaining.eventbrite.com> or call 413-794-5200. FREE!

Quabbin Reservoir to Host 14th Annual Walk of Champions on May 5

Since its inception in 2006, the Walk of Champions has raised more than \$900,000, and all funds have remained local to support those facing cancer. In 2018, Baystate Mary Lane announced an expansion was underway to the Baystate Regional Cancer Program located in Ware. The project, which doubled the size of the unit, was made possible primarily through Walk of Champions funds. Walk funds have also been used to support counseling, educational outreach, pastoral care, medications, state-of-the-art equipment, and the Healing Garden located on the Mary Lane campus.

Join us May 5 at the beautiful Quabbin Reservoir. Visit baystatehealth.org/woc.

The Mind and Body Connection

Tuesday, June 25, 6-7:30 pm
Baystate Health Education Center
361 Whitney Ave, Holyoke

Studies over the years have shown that stress and depression can cause physical symptoms such as upset stomach, dizziness, lack of sleep and more.

Join Dr. Valerie Sharpe, Psychiatrist, Baystate Behavioral Health Adult Psychiatry, for a discussion about how stress and depression affects people physically and ways to help ease the mind and body response. Refreshments served. To register: <https://mindandbodyconnection.eventbrite.com> or call 413-794-5200. FREE!

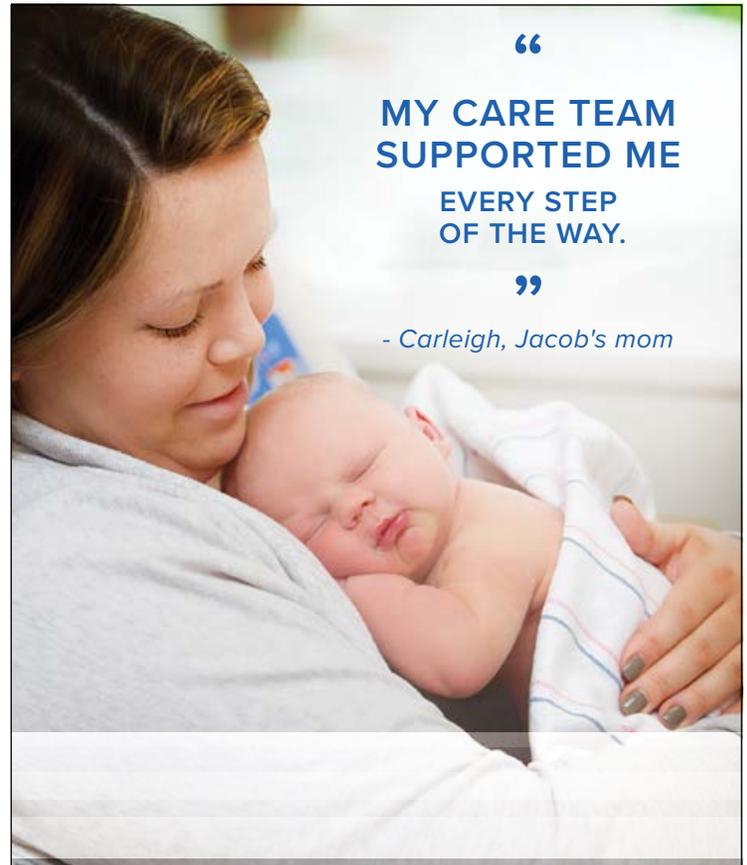


photo courtesy of shire photography

The Birthplace at Baystate Franklin Medical Center is dedicated to supporting you and your baby during one of life's precious moments.

Our certified nurse-midwives, board-certified obstetricians and highly skilled nurses believe in empowering you and your baby with a personalized birthing experience.

Whether your birthing plan is a natural water birth or patient-controlled epidural, you and your baby will feel respected, safe, and cared for.

To begin your journey at The Birthplace with Pioneer Women's Health, call 413-773-2200 or visit BaystateHealth.org/TheBirthplace

Baystate  Franklin Medical Center

ADVANCING CARE. ENHANCING LIVES.



Follow us on Instagram @Baystate_Health
#AdvancingCare #EnhancingLives

For more information or to join Baystate Health Every woman, visit baystatehealth.org/everywoman or call Sue Fontaine, Senior Coordinator, Baystate Health, at 413-794-5200. It's FREE to join!

How to Feel better with Less Stress and Anxiety



Cheryl Pacussi,
RN, MS, FNP-BC,
Baystate Franklin
Medical Center

Do you want to feel better? This is the truly the most important question that needs answering. Once there is desire, we can begin to envision what feeling better means to us.

Life's circumstances may have created a film, covering your eyes and distorted your view that hope actually exists to feel better. Knowledge that this film may exist is the next step towards feeling better.

Have you been heard to say things like "I feel broken", "I worry all the time", "I'm feeling depressed and have no energy" or "I am always anxious"? These are symptoms that you may be seeing your life through a film of thoughts, emotions, behaviors and beliefs that may no longer be serving you.

Let's drill down on what feeling better can actually mean.

Our Bodies are Miraculous

Every year you go to your Primary Care Provider for a checkup. Tests and lab work are done with dozens of measures of how your body is balancing chemicals, minerals, hormones, acidity, alkalinity, and the function of organs like your kidneys, liver and lungs. Our bodies are miraculous masters at compensating and balancing these levels to within critically tight ranges. Only when overwhelmed by, for example, too much sugar or salt over time is there damage to tissues and subsequent disease.

Our thoughts, emotions, behaviors and beliefs have very similar effects on our bodies. When experiencing stressful thoughts, emotions, behaviors and beliefs we release vital stress hormones like adrenalin and cortisol designed to save our lives. These levels are compensated for and balanced by periods of relaxation to help keep these levels in tight range. It is only when the body is overwhelmed by toxic stress over time that there is damage to tissues and subsequent disease.

The Relaxation Response

The relaxation response, coined by Dr. Herbert Benson founder of Harvard's Mind Body Institute, is opposite the stress fight or flight response and can be used as a strategy to address toxic stress. During the relaxation response substances such as serotonin (our naturally occurring antidepressant), endorphins (our naturally

occurring pain medicine), dopamine (a naturally released chemical that helps regulate movement, attention, learning, and emotional responses) are released in quantities sufficient for us to feel our best. The time of day when we release the largest quantities of these substances is while we are enjoying restful sleep.

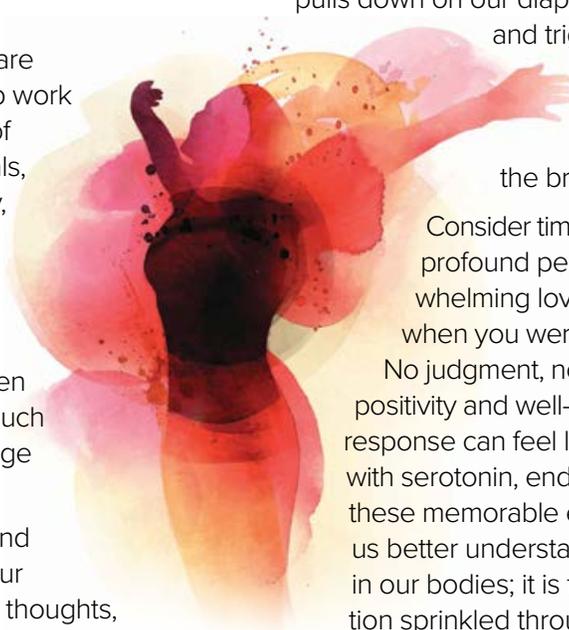
Better Sleep

What if we are not sleeping well? If an imbalance exists in our experience of stress and relaxation, addressing sleep is a priority. It is during sleep that we 'belly breathe' (also called diaphragmatic or yoga breathing) which naturally pulls down on our diaphragm, tugging on the vagus nerve and triggering the release of serotonin, melatonin and endorphins. Think parasympathetic versus sympathetic response or pressing on the brake pedal versus the gas.

Consider times in your life when you experienced profound peace, joy, a sense of awe or overwhelming love. Think of how it felt in your body when you were 'swept up' in this experience.

No judgment, no words, just a powerful sense of positivity and well-being. This is what the relaxation response can feel like when our bodies are flooded with serotonin, endorphins and dopamine. Although these memorable experiences are powerful in helping us better understand the effects of these substances in our bodies; it is the subtle experience of satisfaction sprinkled throughout our day that actually has the greatest cumulative impact. Whether you notice the symptoms of the stress response (dry mouth, heart racing or pounding, not thinking clearly, etc.) and strategically deciding to balance that stress with thoughts, emotions, behaviors or beliefs of the relaxation response or preventatively decide to buffer your system by deliberately and with intention practice the relaxation response; either way you will ultimately feel better regardless of a change in your life's circumstances.

To attend an eight week program with Cheryl Pacussi, RN, MS, FNP-BC -SMART Certified Healthcare Practitioner on Stress Management & Resiliency Training visit <https://bfmcsmart.eventbrite.com>.



New Health & Wellness Center Provides Comprehensive Care Under One Roof



The Baystate Health & Wellness Center – Longmeadow is now open at 21 Dwight Rd. The location borders East Longmeadow and Springfield enables many Baystate patient care services to be brought together under one roof. Baystate will lease the first floor of this new building, providing 54,000 square feet for the relocation of Baystate Medical Practices and affiliated services currently at 294 N. Main St. in East Longmeadow.

With its relocation at this new site, BMP East Longmeadow Adult Medicine will add three new primary care providers to serve the high demand for care in the area.

In addition to primary care, this new Center will offer multi-specialty care that includes: cardiology, gastroenterology, endocrinology, pulmonary, neurology, general surgery, breast surgery, plastic surgery, vein and vascular, urogynecology, travel medicine, and physical medicine

and rehabilitation with a rehab gym. In addition, Baystate Reference Labs and Baystate Radiology & Imaging will be located at this new site.

“We are really pleased with all plans for the new Center in Longmeadow and appreciate the work of our teams along with patient and community members who contributed ideas,” said Andrew Artenstein, MD, President, Baystate Medical Practices. Meeting the needs of our communities for health care and ancillary services is our priority. We look forward to welcoming new patients to this wonderful care environment that has been designed for ease of access to clinical expertise,” Artenstein added.

In July 2018, Baystate Health opened an urgent care site in Longmeadow on Bliss Road at the Longmeadow Shops. Baystate Health Urgent Care is open to the community seven days/week.

Community Open House!

Thursday, June 13, 4:30-6:30 pm
Baystate Health & Wellness Center – Longmeadow
21 Dwight Rd, Longmeadow

Join us and meet the doctors, nurses and medical experts of the new Baystate Health & Wellness Center - Longmeadow. Enjoy free health screenings provided by Health New England, delicious healthy food, music, tours and fun. To register: <https://longmeadowcommunityevent.eventbrite.com> or call 413-794-2413. FREE!

Meet a few of the doctors at The Baystate Health & Wellness Center- Longmeadow



Dr. Elizabeth Brady, Breast Surgeon, Baystate Surgical Oncology & Breast Specialists.

“The best advice I give to patients is that we have a

team to care for them and we will be there for them.”



Dr. Niloufar Shoushtari, Internist, Baystate Longmeadow Primary Care

“I believe it’s important that patients feel that they can have

shared decision making with their physician and they trust that you value their input.”



Dr. Ari Kugelmass, Chief, Baystate Heart & Vascular Program.

“The best part of my job is getting to actually know people really, really well and getting to influence

their lives and getting to make their lives better. Physician- Patient relationships are still really precious things.”

Visit baystatehealth.org, Find a Provider, or Baystate Health on YouTube, to see these and other full video interviews.

At 6 Days Old, Zoey Had Life-Saving Surgery

Kim Start was five months pregnant with twin girls when she went for a routine sonogram that ended up being anything but routine. The sonogram showed a large mass in the chest of one of her daughters. The happy emotions she and her husband, Tim, had about their babies suddenly turned to fear and worry. “We learned our baby had a hole in her diaphragm (called a congenital diaphragmatic hernia), which caused her intestine to grow into her chest, pushing on her heart and a lung,” Kim says. “Babies with a diaphragmatic hernia have about a 50% mortality rate,” says Dr. Kevin Moriarty, Chief of Pediatric Surgery at Baystate Children’s Hospital.

Four Tiny Incisions

Kim remembers how, as soon as they found out about the mass, doctors in the Davis Neonatal Intensive Care Unit (NICU), as well as Dr. Moriarty, talked with her and her husband, explaining everything and giving them a tour of the NICU where her daughter would stay after she was born. “They made me so comfortable, and trusting that I knew my kids were going to be in good hands,” Kim says.

Six days after the girls (Zoey and Avery) were born, Dr. Moriarty operated on Zoey, making four tiny incisions to surgically repair her diaphragmatic hernia.

In the NICU, the caregivers knew Zoey was a twin and took care to make it easy for the newborns to be together. Nurses placed a bassinet right beside Zoey so Avery could come and visit and always have a place. “It was a wonderful feeling that the staff were thinking of both girls,” Kim says. Zoey did very well and at thirteen-days-old, she was home. “Any child who survives a diaphragmatic hernia, you know they’re going to be a fighter,” Dr. Moriarty says.

The Twin Dynamic

Zoey continued to see Dr. Moriarty and Kim was impressed by how he included Avery. “He understood the dynamic of twins,” Kim says. Avery came to Zoey’s appointments and even if it was a silly thing like looking at Avery’s belly button when they were toddlers, Dr. Moriarty made her part of the exam and conversation. “There was something about Dr. Moriarty that is just comfortable, he makes you feel at ease when you’re



Zoey, Kim, and Avery Smart.

going through something very stressful,” Kim says. “He’s a wonderful man.”

The Fearless Firecracker

Now a healthy seven-year-old, Zoey loves to dance with her sister, jumping and twirling and smiling. “They are typical sisters,” Kim says. “They fight over toys, but they do love playing together and have their own secret language nobody can figure out. They both love school a lot, which I hope continues. They’re very sweet girls, especially to each other.” Kim marvels that Zoey has no fear. “You would think that a child who went through what she did would be afraid of things, but we’ve told her she’s not different from anybody else, that she’s all better now,” Kim says.

“We see kids often at their worst,” Dr. Moriarty says, “and then when we see them when they’ve recovered, and to hear them laugh, that’s what makes our job the best job.” “Dr. Moriarty and Baystate, they really took care of her and made her the little firecracker she is. The advanced care at Baystate kept Zoey alive for us,” Kim says.

“
WE ARE THE
FAMILY WE ARE
TODAY
BECAUSE OF
BAYSTATE.
”

- Kim Start



“
I MADE IT FOR ME.
AND IT SAVED
MY LIFE.

”

- Sally Delaney
of Erving, pictured with
her granddaughter Harper

Cancer Doesn't Care. We do.

3D Mammography screening available at Baystate Health locations, Greenfield, East Longmeadow, Enfield, Northampton, South Hadley, Springfield, and coming soon to Westfield.

Schedule your mammogram today at **413-794-8874** or visit **BaystateHealth.org/GetScreened**

photo courtesy of shire photography



Need a New Primary Care Provider?

At Baystate Primary Care, you and your family's wellbeing is our primary concern. Our providers care for your total well-being, from wellness visits to treatment of illness and chronic health conditions.

We welcome the opportunity to care for you and your loved ones as part of our ongoing commitment to delivering high quality and compassionate care in our community.

Primary Care Practices Located Throughout Western Massachusetts

- Convenient practices and locations where you live and work
- Easy access when you need it
- Integrated care: our primary care providers coordinate care with our hospitals, specialists, diagnostics, and community care givers

Call us to get you connected!
New Patient Access Line: 413-794-5412

Barbara Clarke was Passionate about Helping Women Thanks to a Tribute Gift, That Help Continues

Her husband Arthur H. Clarke ensured Barbara's values would be remembered by future generations by making a tribute gift to Baystate Health Foundation to establish a permanent, living legacy, the Barbara M. Clarke Memorial Fund. His goal was to honor his wife and ensure lasting improvements for women's health and well-being in our community.

While Barbara passed away 26 years ago, her legacy of giving back to the community through volunteerism and philanthropy continues with this endowed fund. Each year, a portion of the value of the fund supports health education initiatives to improve the health and well-being of women and continue the delivery of excellent care. The remainder of the fund stays invested to increase its value while providing a predictable, stable stream of income to support health education and care for future generations of women throughout our community.

"The ability to access, understand, communicate and use information to improve health is critical to the health

of our community," says Dr. Heather Sankey, Chair of OB/GYN for Baystate Health and Professor of OB/GYN for the University of Massachusetts Medical School at Baystate.

"We are so thankful to the family of Barbara M. Clarke for carrying on her legacy with an enduring gift of support for women's health education initiatives. This Memorial Fund has enabled us to educate women on key health issues, particularly sharing recommendations for preventative care and wellness. We see the results – women better able to make key decisions concerning their health, and able to help other women do the same."



Dr. Heather Z. Sankey

Chair, OB/GYN, Baystate Health
Professor, OB/GYN, UMMS-Baystate

Want to honor a family member by making a tribute gift to charity in your will? We're here to help. Contact 413-794-7789 or kylie.johnson@baystatehealth.org.