



**Baystate
Health**



Published for members of the Baystate Health Every Woman program



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Seminars & Events

Walk to Run

Thursdays, Oct 3, 10, 17, 24, 31, 6-7 pm
and November 7, 14, 5-6 pm
Norwottuck Rail Trail
Parking Lot, Exit 19 off Route 91
446 Damon Rd, Northampton



Cinnamon Desgres



Molly MacMunn

Join Cinnamon Desgres, RN, MSN, and Molly MacMunn, senior specialist, community relations and public affairs, Baystate Franklin Medical Center and seasoned marathon runner, for a how-to on walking to running your way to fitness. Learn core stretching exercises, proper stretching techniques and set achievable realistic goals for interval training. Plenty of water and power snacks will be provided. Meet up and walk on the trail to running. Judgement free and meant to be an inspiring opportunity. Weather permitting. To register: <https://walktorun.eventbrite.com> or call 413-794-5200. FREE!



Cover Photo: Mother and Daughter, Elizabeth "Liz" Rivera and Gabriella "Gaby" Cestero, Baystate Health Every Woman members since 2010 & 2017



Tracey Gaylord, yoga instructor and survivor.

Cancer Doesn't Care. We do.

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

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

Open House & Ribbon Cutting Ceremony

Wednesday, October 16, 4:30-6:30 pm
Baystate Mary Lane Outpatient Center
85 South St, Ware



In honor of Breast Cancer Awareness month in October, please join us for the Open House & Ribbon Cutting Ceremony of Baystate Mary Lane Imaging Center featuring 3D Mammography.

We welcome you to experience a premier celebration of our beautiful Imaging Center with exclusive viewing and tour of the new space. You will be some of the very first to see it.

The evening will be fun-filled with live entertainment, delicious samplings from local Chef Jason Green, complimentary spa treatments and the opportunity to experience M technique hand massage. Everyone who attends will receive a free insulated beverage tumbler. For your convenience, complimentary valet parking will be available. To register: baystatemarylaneimagingcenter.eventbrite.com or call 413-794-5200. FREE!



Mindful Eating

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



Hannah Stenger

Join Hannah Stenger, MS, RD, LDN, clinical dietician, Baystate Cardiac and Pulmonary Rehabilitation Care, for a discussion about mindful and intuitive eating. Learn the principles of intuitive eating, how to decipher physical hunger versus emotional or other hunger. Also covered will be the relationship between mindfulness and stress, creating

a healthy relationship with food, as well as a mindful eating exercise. Healthy Refreshments provided. To register: <https://mindfuleatingoct.eventbrite.com> or call 413-794-5200. FREE!

Financial Wellness

Tuesday, November 12, 6-7:30 pm
Baystate Health Education Center
361 Whitney Ave, Holyoke



Jean Deliso

Join Jean M. Deliso CFP®, Founder and Principal, Deliso Financial and Insurance Services, for a discussion on how to successfully manage financial health. Financial wellness is understanding your financial situation and taking control of it so that you're prepared for today's financial responsibilities as well as preparing for your financial future.

Topics Covered:

Goal Planning and Cash Management The importance of setting specific, measurable goals with realistic deadlines, determine overall cash flow, establish an emergency fund and strategies for more effective cash management.

Risk Planning Understand effective risk-management programs and how they work.

Investment Planning Learn about the relative risks and potential returns of various types of investments.

Retirement Planning A discussion of different tools and strategies that are available to help prepare for retirement such as how and where the best place to save, calculating needs and the difference between an IRA and a Roth IRA. Refreshments served. To register: <https://financialwellnessnov.eventbrite.com> or call 413-794-5200. FREE!

Pelvic Floor Disorders

Tuesday, December 10, 6-7:30 pm
Baystate Noble Hospital
115 West Silver Street, Westfield



Dr. Smithling

About 40 percent of women between the ages of 40 and 50 have pelvic floor disorders such as urinary issues, pelvic pressure, and bowel control issues. The percentage rises as women get older. Fortunately pelvic floor disorders are highly treatable, but getting the right diagnosis is key. Join Dr. Katelyn

Smithling, urogynecologist, Baystate Urogynecology, for a discussion about pelvic floor disorders, the symptoms, risk factors and treatments. There will be plenty of time for questions and answers. Refreshments served. To register: <https://pelvicfloordisorders.eventbrite.com> or call 413-794-5200. FREE!

What's Up Down There?

Wednesday, December 18, 6-7:30 pm
Baystate Health Education Center

361 Whitney Ave, Holyoke



Dr. Myers

The average woman has 450 periods in her lifetime and thanks to hormones, women have stronger immune systems but there is a lot more going on down there. Join Dr. Tashanna Myers, gynecologic oncologist, Baystate Gynecologic Oncology, for a discussion about lady part basics

such as what's normal, what's not, what to watch for, new research on what causes ovarian cancer, genetic testing, and when to see a doctor. There will be time for questions and answers. Light supper provided. To register: <https://whatsupdowntheredec.eventbrite.com> or call 413-794-5200. FREE!



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!

Carpe the Chaos

Wednesday, October 9,
5-8 pm
The Log Cabin
500 Easthampton Road,
Holyoke, MA

One of the three counterintuitive power tools from the book *No Excuses: Nine Power Tools to Advance Your Career* by Gloria Feldt. Carpe the Chaos is a timely tool for the current times.

When things are chaotic, that is actually **THE** moment when people are open to new ways of thinking, to innovation, and to new roles for women. Seize the day. The power is in your hands to change the world!

Come join US as we discuss the techniques used to master the chaos. You will:

- **Understand** how malleable boundaries support change.
- **Learn 5** principles of carpe the chaos.
- **Identify** how a different lens can support innovation during chaotic and disruptive situations.
- **Have fun** as you network with a community of women committed to expressing themselves and use personal beliefs and values to not only carpe the chaos but define your own terms.

Agenda:

5-8 pm

Enjoy delicious food stations, browse products from women owned businesses, and get health information



6-6:30 pm
 Welcome and **Amplifying Women** with **Jean Ahn, Senior Vice President, Strategy & Chief Strategy Officer, Baystate Health**



The Future of Women in Technology with **Joel Vengco, Senior Vice President, Informatics & Technology & Chief Information Officer, Baystate Health**



6:30-8 pm, Carpe the Chaos with **Lisa Mead, RN, MS, CPHQ, CHPC, President of Inspiring Transitions and Crown Healthcare Advisors, includes a fun interactive, hands on exercise.**

About the Speaker: Lisa Mead, RN, MS, CPHQ, CHPC

Starting her career as a registered nurse in 1984, Lisa Mead has been a long-time health care provider and business executive, helping individuals and companies develop, execute and succeed in manifesting change.

Lisa is the President for Inspiring Transitions and Crowne Healthcare Advisors, providing consulting and coaching services to clients across the country. She has more than 30 years' experience as a leader within a variety of settings, including large medical practices, large hospital systems, post-acute care, as well as clinically integrated organizations.

Lisa is also the founder of Arizona Women in Healthcare, an association designed to Promote, Recognize, Inspire, develop and Empower its members (AZWIHC.org). As part of her commitment to women, she is a Leadership Ambassador for Take The Lead. As a certified high-performance coach™ she supports women in reaching new levels of performance through enhanced clarity, energy, productivity, courage and purpose.

Lisa is a mother of two adult men and has been married for 32 years. She enjoys international travel and missed her calling as a travel blogger.

Menu:

- A flowing display of cheeses, fruit, vegetables and dip
- Salad Station: Tossed to order. Lavish assortment of greens and vegetables
- Fresh Pasta Station: Variety of pastas and sauces
- Mexican Station: Flour tortillas, taco shells, seasoned beef, spicy chicken, salsa, sour cream, guacamole, shredded cheese, chopped tomatoes, shredded lettuce, olives, diced onions
- Carving Station
- Dessert Station
- Coffee, Decaf, Tea service
- Cash Bar

Fee: \$25 for *Baystate Health Every Woman* members and Baystate Women Empowered members. \$40 for non-members.

To register: <https://carpethechaos.eventbrite.com> or call 413-794-5200. Join the free *Baystate Health Every Women* program and receive the discount at BaystateHealth.org/everywoman.

Baystate Health
Carpe the Chaos

Registration Form

Name _____

Address _____

City State Zip _____

Telephone _____

Email _____

Number of people _____ X \$25 = \$ _____
total enclosed

Shirt size Small Large 2XL
 Medium XL 3XL

Complete this form and make checks payable to Baystate Health. Mail to Baystate Health Every Woman, 280 Chestnut St, 5th Floor, Springfield, MA 01199

Are you a member of:
 Baystate Health Every Woman
 Baystate Women Empowered

Pelvic Floor Disorders

“Twenty-five percent of women report one or more pelvic floor disorders,” stated Dr. Katelyn Smithling, Baystate Health Urogynecology Specialist. Dr. Smithling specializes in treating women with urinary incontinence and pelvic organ prolapse. Bertha Pease, a patient of Dr. Smithling, credits her ability to lead a much improved, everyday life to Dr. Smithling and the surgery she had at Baystate Noble Hospital. “I had my surgery in the fall with Dr. Smithling after years of being uncomfortable. I can’t say enough nice things about her, she’s truly a sweetheart,” shared Bertha.



Bertha Pease

Pelvic organ prolapse happens when the muscles and tissues supporting the pelvic organs (the uterus, bladder, or rectum) become weak or loose. This causes one or more of the pelvic organs to drop or press into or out of the vagina. The most common risk factors are vaginal childbirth, multiple vaginal childbirths, continual pressure on the abdomen, caused by obesity, constant coughing or straining, birthing a baby more than 8.5 pounds, and aging. Thirty-seven percent of women with pelvic floor disorders are 60-79 years of age and about half are 80 or older.

Women must also consider that hormonal changes and the loss of estrogen can raise the risk for pelvic organ prolapse.

Many women are embarrassed to talk about their symptoms or think that their symptoms are normal. There’s no need to be embarrassed, as Dr. Smithling states, “I specialize in treating women with these disorders. There are surgical and nonsurgical treatment options.”

ADVANCED LEVEL OF CARE IMPORTANT

Bertha really wants women going through similar issues like hers to know that they don’t have to shy away from treatment that help is available and they should act on it. “I feel great, I have had no troubles at all,” she shared.

Bertha went onto explain that she was not only grateful to Dr. Smithling but also very grateful to be able to receive care close to home. “The advanced level of care here is important. I live in Blandford and it was important to me not to be far from home,” shared Bertha. “Having Baystate Noble is a very important piece to our community. My husband and I feel lucky to be able to access care close to our home.”

DAILY THINGS EASY AGAIN

Life has changed a lot for Bertha, however not in monumental ways. She explains, “I am so much more comfortable and am able to do and enjoy the simple things in life again, like grocery shopping, running errands or getting my hair done. It sounds funny, however when you’re so uncomfortable, the little, daily things become large challenges. So I am thankful to Dr. Smithling and Baystate Noble for taking great care of me.”

[Join Dr. Smithling for a discussion about pelvic floor disorders on December 10. See page 3.](#)



Baystate Health was ranked the 14th (of 74) best Massachusetts employer through a study conducted by Forbes

partnering with market research company Statista. The goal was to identify organizations liked best by employees in Forbe’s first-ever ranking of America’s best employers by state. The list was compiled through an anonymous survey of 80,000 Americans nationally working for businesses with at least 500 employees. On a scale of zero to 10, participants rated how likely they’d be to recommend their employer to others. The final list ranks 1,430 employers which received the most recommendations in each of the 50 states and the District of Columbia. Baystate Health named a top MA employer!



It's The Most WonderFALL Time of the Year! Pre-Holiday Season Fun & Shopping!

Wednesday, November 13, 6-9 pm
Yankee Candle Village (In-store event)
25 Greenfield Road, Route 5 & 10, South Deerfield

Join us for a special opportunity to take some time to enjoy the New England fall season. We will sip hot cider and hot chocolate, nibble fall treats, talk with friends, listen to live music performed by local entertainer. You'll also enjoy an exclusive shopping spree in the Yankee Candle Village with 30% off your total purchase including holiday and home items. Some exclusions apply, see Yankee Candle Village Associate for details.

Just bring your on-line registration ticket or your Baystate Health Every Woman key tag with you to receive the discount. Your kids are welcome too with a fun fall craft project for them to do during the event. Fall refreshments will be served. To register: <https://wonderfallevent.eventbrite.com> or call 413-794-5200. FREE!

ONE SENTENCE MAKES A LASTING IMPACT

For more than 140 years, friends like you have ensured the vitality of Baystate Health for your loved ones, neighbors, friends, and our community. By including a gift in your will to Baystate Health Foundation, you support lifesaving and life-enhancing care for future generations.

When you include Baystate Health Foundation in your estate plan, you provide hope, you help fight disease, and you transform lives for the better.

Simply ask your attorney to add this suggested wording to your will to make a lasting impact:

I give DOLLAR AMOUNT [or ____% of my estate] to the Baystate Health Foundation, Inc., a charitable organization established by law in Massachusetts (Federal Tax ID# 04-3549011), to be used for _____
("Baystate Health's greatest needs" or name of hospital or program).



Questions?

Contact Kylie Johnson
at 413-794-7789 or
kylie.johnson@baystatehealth.org.
We're here to help at no obligation.
We respect all wishes for anonymity.

BAYSTATE MEDICAL CENTER

Mini Medical School

Fall 2019 Semester

In this popular 8-week educational program, an outstanding group of Baystate Health physicians and clinical experts 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.

Classes are held on Thursdays at 6 pm: Chestnut Conference Center 1A&B, Baystate Medical Center, 759 Chestnut Street, Springfield.

Cost: \$95; \$80 for Baystate Health employees, Senior Class and Baystate Health Every Woman members. **To register:** visit BaystateHealth.org/MiniMed or call 413-794-2413. Space is limited.



SEPTEMBER 26

6-9 pm

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

Kevin Hinchey, MD, FACP

Chief Education Officer and Senior Associate Dean for Education, UMass Medical School-Baystate
Tours - Baystate Children's Hospital; Wesson Women & Infants' LDRP Unit; Baystate Dining Services; "Talk with our RN's"



OCTOBER 3

6-8 pm

Pharmacy

Gary Kerr, PharmD

Chief Pharmacy Officer



OCTOBER 10

6-8 pm

Neurology

Benjamin Barnes, MD

Medical Director, Neurocritical Care Unit



OCTOBER 17

6-8 pm

Genetics

Mary Alice Abbott, MD

Chief, Medical Genetics

OCTOBER 24

6-9 pm

Pathology

Wayne H. Duke, MD

Vice Chair, Pathology

Tour of the Lab



OCTOBER 31

6-8 pm

OB/GYN

Heather Sankey, MD

Chair, Obstetrics & Gynecology



NOVEMBER 7

6-9 pm

Surgery

Neal Seymour, MD

Chief, General Surgery Division
Tour of Chestnut Surgery Center, Baystate's Simulation Center & Goldberg Surgical Skills Lab



NOVEMBER 14

6-8 pm

Emergency Medicine

Joseph Schmidt, MD

Vice Chair, Emergency Medicine

Graduation Ceremony



Research for Ovarian Cancer

The ovarian tissue registry at Baystate Health began at the end of 2018 as a collaboration among Dr. Tashanna Myers, Baystate GYN Oncology, Drs. Sallie Schneider, Pioneer Valley Life Sciences Institute, and Christopher Otis, Baystate Pathology. Their goal is to collect samples of ovarian tissue from consenting patients as part of a research registry.

The ovarian tissue registry is modeled after the successful Rays of Hope Breast Tissue Registry at Baystate Health. Surgeons will send tumor tissue (such as an ovarian mass) to the pathologist who examines the specimen and chooses tumor tissue to submit to the tissue bank.

“Once the tumor cells are collected, the next step is to understand their characteristics,” says Dr. Ersoy, Baystate Pathology, “We ask things like ‘What stage is this tumor in? Are the cells resistant to chemotherapy? What kind of targetable proteins (e.g. HER2) are involved in the tumorigenesis? Are the cells resistant to chemotherapy?’” Since there are so many different types of cancers and variations of cancer cells, extensive research is necessary to work toward finding effective treatments. “In the era of precision medicine, we know that cancer cells can be diverse,” explains Dr. Myers. “Standard chemotherapy will not be sufficient to finding a cure for this disease. Studying

individual tissue samples will be key to answering questions about ovarian cancer.”

Many patients who are approached by Dr. Myers and her team are eager and excited to participate in the ovarian tissue bank. “Patients have been selfless and want to help others who might be experiencing the same issues,”

explains Dr. Myers. “The tissue we collect is impactful beyond that one single patient. We want to change the course of ovarian cancer treatment and figure out the causes.” The hope is that this research will answer questions about ovarian cancer in the future and why ovarian cells can become cancerous. “Through this research, we are creating something meaningful for years to come,” concludes Dr. Ersoy. “It’s being part of a bigger picture. With Baystate becoming more of an academic institution, research like this is important for us to grow and strengthen our knowledge.”

“
WE WANT TO
CHANGE THE COURSE
OF OVARIAN CANCER
TREATMENT AND
FIGURE OUT
THE CAUSES.
”

- Dr. Myers

Join us for a discussion about ovarian cancer and the new research on Dec. 18, *What's Up Down There?* with Dr. Meyers, see page 3.

For more information about innovations and clinical trials, visit BaystateHealth.org/Education-Research

Rays of Hope Imagine it – a generation without breast cancer.

It is the stuff dreams are made of, however, we believe it will be reality one day in the future. Since 1994, over \$14.8 million has been raised to support research at the Rays of Hope Center for Breast Cancer Research in Springfield as well as breast cancer programs and complementary therapies on a local level. All money raised says here!

JOIN US!

Walk, Run, Form a Team, Sponsor, Donate – whatever you do we hope you will join us for the 2019 Rays of Hope - Walk & Run Toward the Cure of Breast Cancer.

Sunday, October 27, 2019

Springfield, MA – Forest Park Area

Run Starts at 8:30 AM • Walk Starts at 10:30 AM

Learn More: BaystateHealth.org/Raysofhope | 413-794-8001





**SURVIVOR TURNED
HER CAR ACCIDENT
“INTO SOMETHING
BEAUTIFUL”**

Brenna was recently engaged on top of Cadillac Mountain in Acadia.

Brenna Bean’s life was saved at Baystate Medical Center’s Level 1 trauma center. Today she says she’s thankful for her accident.

“It was the night before I was going to leave for my freshman year at college,” Whately resident Brenna Bean says. “All my stuff was packed and sitting on the breezeway at my house.” Brenna, a local pole-vaulting champion, was looking forward to studying exercise science and continuing to pole-vault at college.

It was also the night Brenna was in a horrible car accident. The car she was in flipped and she was thrown from the vehicle. Barely breathing, the eighteen-year-old was life-flighted to Baystate Medical Center, the region’s only Level 1 trauma center.

Doctors there quickly discovered she had a collapsed lung, a spinal cord injury, broken vertebrae and ribs, injuries to her kidneys, and blood clots in her chest.

ADVANCED CARE MINIMIZES INJURIES

A team made up of doctors and other skilled caregivers implemented kinetic therapy where they placed Brenna on a special bed and also used a particular ventilator mode to try to minimize her injury. "At Baystate Health," Dr. Chris McKiernan, director of the Pediatric Intensive Care Unit at Baystate Children's Hospital says, "we are fortunate to have these specialized therapies as at major medical centers, yet we are small enough to really get to know the families and support them through their recovery and their lives moving forward."

Physicians, nurses and other caregivers kept Brenna alive and treated her injuries. Unfortunately, though, there is not currently a cure for spinal cord injuries and the car accident left Brenna partially paralyzed. When she learned she was paralyzed below the chest, Brenna says she never asked "Why did this happen?" or "Why me?" "I've always been an athlete, competitive and a go-getter, and it was the same with my injury. I told myself, 'Okay, let's conquer this.'"

BLOWN AWAY BY SUPPORT IN THE COMMUNITY AND HOSPITAL

"My family and I were just blown away by Baystate Medical Center and the level of care," Brenna says. "The high level of expertise and the cutting-edge things they were able to do to pull out all the stops to keep me breathing, keep me living, it rises above. And the people made me feel I was in an environment where I was going to be okay."

Friends and neighbors came together to support Brenna's family as they supported her. "A huge takeaway I've gotten from my injury is the power of community and seeing how people come together for something."

She believes this compassion was part of what helped her go on to live the happy, successful life she has now.

"WHEN PEOPLE SEE ME IN A WHEELCHAIR, THEY THINK I'M DISABLED"

Brenna doesn't want to let anything hold her back and feels that, as a result of the accident and then the care she received at Baystate Health, she has momentum and purpose. Now, with a background in adaptive sports and recreational therapy, Brenna aims to help others overcome physical obstacles like hers.

"For somebody like her to be out there talking about what it's like to move on with your life, I think is really inspirational," Dr. McKiernan says.



“
WHEN PEOPLE SEE ME IN A WHEELCHAIR,
THEY THINK I'M DISABLED.
BUT REALLY, THE ACCIDENT PUT MORE
MOUNTAINS IN FRONT OF ME THAT
I CAN JUST GET TO THE TOP OF.

”
- Brenna Bean

Humble, Brenna says she doesn't intentionally try to inspire people but if getting out there and not being disabled by her injury is inspiring and encourages people to live their life to the fullest, that's what she wants to do.

"When people see me in a wheelchair, they think I'm disabled. But really, the accident put more mountains in front of me that I can just get to the top of," Brenna says. That's more than a metaphor because Brenna does, literally, climb and ski and bike on mountains in western MA, Maine, Colorado and other places. She also encourages the thousands of people who follow her on Instagram and read her blog to see the positive side of life and live for today.

Follow Brenna on Instagram to see how she continues to inspire people: @brennambean

If you're a patient of Baystate Primary Care, we're excited to offer you a new service for your urgent care needs - **Baystate Health Connect**.



Call your primary care office before downloading the app to request a video visit for your urgent care needs.

Next time you need urgent care, stay in the comfort of your own home and let Baystate Health Connect bring one of our Baystate Primary Care providers to you with a real-time, telehealth video visit. Baystate Health Connect visits with a primary care provider are convenient, private and secure.

Use Baystate Health Connect for These Conditions and More

- Cough
- Flu
- Sore throat
- Fever
- Sinusitis
- Bronchitis
- Headache
- Pink eye
- Painful urination

When to Use Baystate Health Connect

- You feel sick and cannot leave home.
- Your busy schedule prevents you from taking time to travel for an in-office visit.
- Your primary care provider is not available for an in-office appointment but you would like to seek urgent care from an alternate Baystate Primary Care provider who has availability.
- You're on vacation or far from the office (service area limited to Massachusetts).

How to Use Baystate Health Connect—4 Easy Steps

1. Call your *primary care* office *first* before downloading the app to request a video visit for your urgent care needs.
2. **Baystate Health Connect** will schedule your appointment and email you confirmation of the date and time, as well as, a link for your video visit.
3. Once your video visit is scheduled, download the free **Baystate Health Connect** app on your mobile device or go to **BaystateHealthConnect.org** to register and sign in.
4. When your visit begins, you'll see both your image and the provider's on your screen and she or he will see the same thing. It's similar to FaceTime, Google Duo and Skype.