

seniorclass

Baystate  Health

IN THIS ISSUE

Mini Medical School

page 4

2017 Rays of Hope Walk & Run

page 5

Thanksgiving Dinner Dance

page 11



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Loyalty Programs
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Baystate Medical Center
413-794-5200

Baystate Mary Lane
Outpatient Center
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.

Dear Senior Class Member:

Every fall we hold an annual collaborative event with our partners Health New England with the hope to inspire you. Last year, the topic was the science of happiness, this year our topic is about making our dreams come true. The event will include key note speaker, Tom Ingrassia, motivational speaker, author, success coach and radio personality, as well as a light lunch, health information, and free screenings.

We have also planned some great wellness seminars, a hike, a driver safety event and a new Thanksgiving dinner dance. There is a lot to learn and enjoy this fall.

We all want to be healthier, happier and to live our best life. We care about you and hope we can make a difference together, so that we can all, **Be Inspired. Be Healthier. Belong.**

I hope to see you at one of our events soon.

Until then, be well,

Baystate Health Senior Class is a FREE loyalty program dedicated to health and wellness offered for men and women ages 55 and over.

Find us on the web at baystatehealth.org/seniorclass
Like Baystate Health on Facebook
Go to Youtube.com/baystatehealth to see all the event videos as well as Baystate videos.



[Fall 2017]

Calendar of Events

August

31 August, 1-2:30 pm
Prediabetes: Let's Take Action!

September

9 September, 10:30-2 pm
Making a Difference Begins With You...So Live Into Your Dreams!

12 September, 9:30 am
Senior Class Arts Alive Time

14 September, 3:30-8 pm
AARP Driver Safety Program

21 September, 6-9 pm
Mini Medical School

October

3 October, 6-7:30 pm
Taking Care of Feet

4 October, 9-4pm
The Lost Towns of the Quabbin:

16 October, 5:30-7 pm
Protecting Your Assets

22 October, 10:30 am
Rays of Hope Walk

30 October, 6-7:45 pm
The Balancing Act

November

1 November, 4-6 pm
Senior Class Thanksgiving Dinner At Salem Cross Inn

14 November, 4:30-6:30
Senior Class Thanksgiving Dinner At Country Club of Greenfield

15 November, 5-10:30 pm
Senior Class Thanksgiving Dinner Dance At Tekoa Country Club



Baystate Health

baystatehealth.org

Seminars & Events

Visit baystatehealth.org for links to all events or call 1-413-794-5200. Registration is required for all events.

Prediabetes: Let's Take Action!

Thursday, August 31, 1-2:30 pm
Baystate Health Education Center
361 Whitney Ave, Holyoke



Cathy Reynolds

Join Cathy Reynolds, RD, LDN, CDE, Diabetes Self-Management Education Program, Baystate Medical Center, for a discussion of prediabetes, which people used to call "borderline" diabetes. Reynolds will define prediabetes, review of the current research and creative ideas for lifestyle changes that would help manage it. You can take action now to lower the risks. Healthy refreshments served. To Register: prediabetesletstakeaction.eventbrite.com. FREE!



Making a Difference Begins With You...

SO LIVE INTO YOUR DREAMS!

Saturday, September 9, 10:30 am - 2 pm
Baystate Health Education Center, 361 Whitney Ave, Holyoke

Join us for this great event with guest speaker Tom Ingrassia, motivational speaker, author, success coach and radio personality, with light lunch, free screenings and health information.

What do you want to do right NOW so you don't regret doing it a year from now? Do you have a plan to make it happen?

The best way to make certain you are happy, productive and satisfied in life is to check in with yourself from time to time to identify what you are most passionate about. In this motivational presentation – blending wisdom, humor and music – Tom takes his audience on a 50 year journey that took him as a child from tiny Middletown, NY, to the halls of academia, and then all the way to the glittery world of Motown and the entertainment industry. Tom will share his inspiring – and dramatic – story about the power of a childhood dream and the journey that culminated in reaching his dreams and inspiring those around him to live into their dreams. Then, Tom will use guided visualization as the springboard to help you clarify, set and achieve YOUR dreams, enhance your mind/body balance, and reduce stress. Re-focus on the things that are important to YOU – what are MY hopes and dreams? MY goals and aspirations?



Tom Ingrassia

12 - 2 pm Light Lunch, Free Screenings & Health Information

- Bone Density screening
- Blood Pressure Screening
- Body Mass Index Screening
- Flu Shots provided by Lewis & Clark

To register:

liveintoyourdreams.eventbrite.com. FREE for Baystate Health Senior Class and Health New England Medicare Advantage members, \$15 per person for non-members.

BAYSTATE MEDICAL CENTER

Mini Medical School

Spring 2017 Semester

In this popular 8-week educational program, an outstanding group of Baystate 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.

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.



SEPTEMBER 21

6-9 pm

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

Kevin Hinchey, MD, FACP

Interim Chair, Department of
Medicine; Chief Education Officer,
Baystate Health

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



OCTOBER 5

6-8 pm

Midwifery

Susan Dejoy, CNM

Division of Midwifery



Sharon Holley, CNM

Chief, Division of Midwifery



OCTOBER 12

6-8 pm

Anesthesiology

Michael Bailin, MD

Chair, Anesthesiology



OCTOBER 19

6-9 pm

Pathology

Richard Friedberg, MD

Chair, Pathology

Tour of the lab

OCTOBER 26

6-8 pm

A Day in the Life of a Vascular Surgeon

Marvin Morris, MD

Vascular Surgeon



NOVEMBER 2

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 9

6-8 pm

Opioid Crisis

Peter Friedmann, MD

Chief Research Officer



NOVEMBER 16

6-8 pm

Emergency Medicine

Joseph Schmidt, MD

Vice Chair, Emergency
Medicine

Graduation Ceremony



Mini
Medical
School
Baystate Health

AARP Driver Safety Program

Thursday, September 14, 3:30-8 pm
Baystate Health Education Center
361 Whitney Ave, Holyoke

There have been many changes in cars and roadways to improve driver safety. Join James Murray, AARP Driver Safety instructor, for a discussion about changes to improve driving, including all the technology being put into cars and our ability to adapt or to use it most effectively. Topics will include best practices for managing traffic patterns, congested environments and highway situations as well as the physical changes that can play a role in being the best driver on the roads. Michelle Lantaigne, OT, Baystate Rehabilitation Care, will discuss tips for adapting to our physical changes and when intervention is needed to effectively maneuver today's roadways.

Fee: To be paid at the event, \$15 per person for members of AARP and \$20 per non-member of AARP. Each attendee receives a certificate and a book for the class. Checks are made payable to AARP.

A discount on car insurance is voluntary by the companies in Massachusetts (mandatory by law in Connecticut) and each person should contact their insurance company to find out if they qualify. Light supper will be served. To register: aarpdriversafety.eventbrite.com



Calling All Artists:

It's Senior Class Arts Alive Time!

Coordinated by Robert Waleryszak

Tuesday, September 12 - Friday, November 3, 2017

All members of Senior Class are invited to display their artwork. Space is limited and artwork will be accepted for display on a first come, first served basis. You must request an entry form, complete and return it, to display artwork. For more information and a printable form visit baystatehealth.org/seniorclass or call the Senior Class office at 1-413-794-5200. FREE!



YOU MEAN THE WORLD TO EACH OTHER

It's a Great Reason to Join the Fight Against Breast Cancer Together.

Both women and men can be affected by breast cancer. Rays of Hope helps them along the journey every step of the way. Since 1994, over \$13.7 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 stays here!

JOIN US!

Walk, Run, Form a Team, Donate - whatever you do we hope you will join us for the 2016 Rays of Hope - Walk & Run Toward the Cure of Breast Cancer!

Sunday, October 22, 2017

Springfield, MA - Forest Park Area

Run Starts at 8:30 AM

Walk Starts at 10:30 AM

Learn More At: Baystatehealth.org/RaysofHope
413.794.8001



Baystate  Health Foundation

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

Taking Care of Your Feet

Tuesday, October 3, 6-7:30 pm
Baystate Health Education Center
361 Whitney Ave, Holyoke

According to the American Podiatric Medical Association, “most Americans log an amazing 75,000 miles on their feet by the time they reach age 50.” Making sure you take care of your feet is a necessity. Join Dr. Lauren Perica, a Podiatrist, at Valley Podiatry Associates for a discussion on various foot topics such as bunions, hammertoes, heel pain, diabetic foot care as well as various skin and nail disorders such as skin/nail fungus, and ingrown nails. Learn how to identify foot conditions, causes, common treatments and when to see a podiatrist. Pam Proulx, Physical Therapist, Baystate Rehabilitation Care, will provide exercises to help strengthen ligaments in the foot, stretch the arch and improve foot flexibility. Handouts will be provided with time for questions and answers. Refreshments served. To register: takingcareofyourfeet.eventbrite.com. FREE!

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

Wednesday, October 4, 9 am-4 pm,
Rain Date: Friday, October 6
Meeting Place: Crystal Spring Mall
Route 9 & Route 202, Belchertown

Join Dave Gallup, President, Springfield Naturalists Society 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. This all-day adventure has been expanded to include the Enfield Lookout to view the Quabbin Reservoir; the Quabbin Cemetery to view artifacts from the four towns lost to the reservoir (Enfield, Prescott, Greenwich, and Dana); and Hardwick, which resembles what Dana looked like during the early 1900s. On this four mile round-trip walk, you will journey on an old road through the open forest with stops along the way to explore the history and wildlife of the region. Once at Dana Commons, you can examine the cellar holes, stone walls, sidewalks, and streets of this town frozen in time. Dave has many surprises, including rare photographs of the beautiful Dana homes that stood one hundred years ago. Bag lunch, bottled water, and shuttle bus transportation provided. Bring a camera. Due to ecological reasons, this hike is limited to 25 participants. This event includes a four mile walk and a lot of standing. Don't miss this adventure! To register: quabbinwalk.eventbrite.com. Fee: \$35.



Medication and Sharps Kiosks at Baystate Medical Center

Employees and members of the community can bring their unwanted **medications** or **sharps** from their homes for proper disposal by depositing them into kiosks (collection receptacles) located in the Daly Lobby at **Baystate Medical Center, 759 Chestnut Street, Springfield MA.**



Medication Kiosk

Acceptable items

Expired, wasted, unused, controlled/non-controlled, over-the-counter and even hazardous medications **(please leave in original packaging when possible).**

Unacceptable items

- sharps containers,
- needles, syringes
- illegal drugs
- liquid containers containing more than four ounces
- aerosols spray cans
- medical devices
- batteries
- chemicals
- biohazard waste trash
- large items that do not fit into the opening



Sharps Kiosk

Acceptable items

Sharps (needles, syringes, lancets, auto injectors, infusion sets, etc.). These must be disposed of in a sharps container. Sharps containers must be puncture resistant, non-see through bottles such as a bleach bottle or one pound coffee can.

Unacceptable items

- loose sharps
- medications
- non-sharps
- blood-soaked items
- glass containers
- paper or plastic bags

Questions? Contact Baystate Medical Center's Safety & Environmental Affairs Department at 794-1400.

Baystate  Medical Center

Despite his Cancer's Return, Troy Price is Busy Making Others Smile

It has to be hard not to feel sorry for yourself when you are sick and in the hospital...especially when you are someone like Troy Price, who has spent nearly two weeks at Baystate Medical Center's Oncology Unit. And who could blame him even if he did feel sorry for himself?

But, that's not the case for Troy, who Maureen Nomakeo, RN, oncology nurse coordinator, referred to as their "chief greeter and PR person" who spends his time walking the hallways of the Oncology Unit talking with patients and their families, other visitors and the caregiving staff.

"It was the worst day of my life and my wife's birthday," said Troy about first being diagnosed with ALL (acute lymphoblastic leukemia) back in May 2014. "I received eight treatments of chemotherapy here and three months later in July was in remission until the cancer came back this year in May."

So, why is Troy so "chipper" on his second visit to the hospital's Oncology Unit?

A POSITIVE ATTITUDE

"I think it is very important to let people know that it isn't all doom and gloom on cancer units...that many of us are strong and optimistic and there are some good times. I think my mood has rubbed off on a lot of people here, and if I can make someone smile, so much the better," said Troy.

It all began for Troy three years ago while in the middle of coaching his daughter's soccer team. Suddenly he was struck by what he called "a tremendous pain in my side." After undergoing tests, the Holyoke man learned he had ALL and found himself on the doorsteps of Baystate Medical Center and its Baystate Regional Cancer Program to begin treatment under the care of Dr. Armen Asik.

"Dr. Asik, he's an incredible guy, and amazing doctor. He was clear with me from day one, that for patients in my age group, I was 44 at the time, there was a

70 percent chance that the cancer could return. So, I knew going in that there was no guarantee that the cancer would be gone forever. We knew that there were great odds to beat, but with the support of my wife and kids and family it was a no brainer for me to beat," said Troy.

After his cancer went into remission, Troy continued with a maintenance program at the D'Amour Center for Cancer Care and underwent a bone marrow biopsy every four months to check for any return of the disease.

LOOKING FOR A BONE MARROW MATCH

"Thanks to the protocol that Dr. Asik had me on, my cancer's return was caught early and we were able to be right on top of it. Once again, I had no reason to think that I would not be 100 percent cured this time around," said Troy, who is in the process of looking for a match to undergo a bone marrow transplant.

Still, Troy said it was hard hearing that his leukemia had returned.

"It felt like I got kicked in the gut, punched in the teeth. I was shocked and heartbroken. My heart broke for my wife and kids. It is tough to have the people you love see you suffer and know that they can't do anything about it," said Troy, who credited his wife with keeping everything afloat at home while he was sick and watching over his health when he returned home from his first hospital stay three years ago.

Although it's been three years since his stay in the Oncology Unit, Troy said nothing has changed and he still found the same "caring" family waiting for him this month.

YOU'RE LIKE FAMILY

"From my very first day here three years ago, the nurse who met me made me feel amazingly comfortable. She took a 44-year-old guy, husband, father of two, a working man, who was terrified and calmed me down and made me feel like I was the most important patient on that unit – something I've seen the staff do time and time again with their other patients. Their level of commitment is incredible, from the doctors and nurses to the PCTs and housekeeping staff, they are just so devoted to the patients here. The attitude and smiles they bring to work every day is amazing to me," said Troy.

"You really do feel like part of a family here. We called some of my nurse friends who cared for me at the D'Amour Center for Cancer Care to tell them my cancer had returned, and they came up to the unit to visit me. One of the patient care technicians who cared for me several years ago, Julia Almeida, who works both on the unit and at the cancer center, was away on vacation in Portugal. So, we faced timed her. It turned out that it was midnight there, but she told me it 'meant the world to her' that I called and that she would see me soon," he added.

Troy received a new class of cancer-fighting drug called Blinicyto while in the hospital. It's for people who didn't get better with treatment, or who got better, but then had a recurrence. Blinicyto is a kind of immunotherapy, a drug that uses the body's own immune system to fight cancer. It's given as an infusion in the vein. Once inside the body, the drug acts as a link to bring the leukemia cells into contact with immune cells, which is thought to cause the immune system to attack the leukemia.

FOR AN APPOINTMENT

To request an appointment with an oncologist at the Baystate Regional Cancer Program, call 413-794-9338.

Make a Powerful Gift that Pays You A Stable Income for Life

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.
- Benefit from a charitable deduction and tax savings
- Receive partially tax-free income.
- Reduce or eliminate capital gains tax when you give with appreciated stock.
- Enjoy the satisfaction of supporting lifesaving and life-changing care.



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.

Protecting Your Assets

Monday, October 16, 5:30-7 pm
Baystate Health Education Center
361 Whitney Ave, Holyoke

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. To register: protectyourasset.eventbrite.com. FREE!

The Balancing Act

Monday, October 30, 6-7:45 pm
Baystate Health Education Center
361 Whitney Ave, Holyoke

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:

- A personal 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
- Prevention strategies to prevent falls
- Information about the injuries that can result from a fall

You will be asked to participate in a follow-up survey on your progress. Wear comfortable clothing. Refreshments served. Space is limited. To register: SCBalancingAct.eventbrite.com. FREE!

SENIOR CLASS THANKSGIVING DINNER

Wednesday, November 1, 4-6 pm
The Salem Cross Inn, Route 9,
260 West Main St, West Brookfield



Visit with **Mike Moran**, president & chief administrative officer, Baystate Health Eastern Region and join us for Thanksgiving specialties at one of the area's premier establishments featuring the perfect

atmosphere to celebrate Thanksgiving together. Free raffles. Seating is limited.

To register:

ThanksgivingDinnerSalemCross.eventbrite.com

Tuesday, November 14, 4:30-6:30 pm
Country Club of Greenfield,
244 Country Club Rd, Greenfield



Visit with **Cindy Russo**, president and chief administrative officer, Baystate Franklin Medical Center and Baystate Health Northern Region, at this popular annual event and enjoy Thanksgiving specialties

at one of the area's premier establishments with the perfect atmosphere to celebrate Thanksgiving together. Free raffles. Seating is limited.

To register:

BFMCThanksgivingDinner.eventbrite.com

Fee: \$20 per person for Senior Class members, \$35 per person for non-members.

Screenings

Free Blood Pressure Screenings

Baystate Franklin Medical Center

164 High Street, Greenfield
 Every Thursday, 9 am-12:30 pm
 No registration required.

Baystate Mary Lane Outpatient Center

**85 South Street, Ware and
 Baystate Wing Hospital**

40 Wright Street, Palmer
 Every day, 7-8 am No registration required.

Cholesterol Screening Program

Baystate Franklin Medical Center

164 High Street, Greenfield
 Conference Room "A," Main entrance of BFMC
 2nd Wednesday every other month: 10/11, 12/13
 Pre-registration is required by calling 413-773-2727.
 12 hour fasting required. Fee: \$10

Free Hearing Screenings

Baystate Rehabilitation Care

360 Birnie Avenue, Springfield
 Appointments: 413-794-2222.

Baystate Rehabilitation Care

48 Sanderson Street, Greenfield
 Appointments: 413-773-2227



WE MADE A PROMISE AND WE'RE DELIVERING

Baystate Franklin Medical Center named a Top 100 Rural & Community Hospital in the U.S.

We set our sights on being one of the best community hospitals in the nation and today we're delivering on that promise. We are the only hospital in Massachusetts on this list of 2017 top 100 rural and community hospitals. Baystate Franklin Medical Center earned this distinction because we are achieving higher quality and better outcomes at a lower cost than our peers. All of this benefits you.

At Baystate Franklin Medical Center we value all of our team members and their commitment to safe, high quality care. We are grateful for the opportunity to bring national distinction to health care in Franklin County and we celebrate this honor with all our patients, friends, and neighbors.

Call 413-794-5412 for an appointment.

Baystate  Franklin Medical Center
Together we deliver a higher state of caring.®



SENIOR CLASS

THANKSGIVING

Dinner Dance

Wednesday, November 15

Social Hour: 5-6 pm

Dinner & Dancing: 6-10:30 pm

Tekoa Country Club, 459 Russell Road Westfield



Ronald Bryant
President
Baystate Noble
Hospital

Join us for an evening celebrating Thanksgiving with a traditional Thanksgiving buffet, dancing, good friends and breath taking views of the New England fall season. Visit with special guest, **Ronald Bryant**, President of Baystate Noble Hospital. Entertainment will be provided by Richie Mitnick, popular entertainer, playing ballroom and line dancing favorites.

Cost: \$25 per person for Senior Class members, \$ 40 per person for non-members.

All seating will be assigned on a first come basis.

Send us your seating request of 2 or more people and we will seat you together.

Tables can accommodate no more than 11 people.

Handicap accessible.

Register at SeniorClassDinnerDance.eventbrite.com or mail in form to
Baystate Health Senior Class, 280 Chestnut St, Springfield, MA 01199

SENIOR CLASS

THANKSGIVING

Dinner Dance

Registration Form

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

Number of person(s) x \$25 per person = \$ Total enclosed

SENIOR CLASS TRIPS

Senior Class is partnering 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. Prospectuses are available online at baystatehealth.org/seniorclass or call the Senior Class office at 413-794-5200.



Iceland's Magical Northern Lights

March 20-March 26, 2018, 7 Days, 10 Meals

Highlights: Reykjavik, Northern Lights Cruise, Golden Circle, Thingvellir National Park, Geysir, Gullfoss, Seljalandsfoss, Vik, Eyjafjallajökull Volcano Visitor Centre, Skogar Museum, Skógafoss, Jökulsárlón Glacial Lagoon, Skaftafell National Park, Vatnajökull Glacier, Blue Lagoon. Rates: Double, \$3,099; Single \$3,399; Triple \$3,069.

Included in price: round trip air from Logan Intl Airport, air taxes and fees/surcharges, hotel transfers. Not included in price: cancellation waiver and insurance of \$280 per person.



Alaska Discovery Land & Cruise featuring a 7-night Princess Cruise

July 3 - July 15, 2018, 13 Days, 25 Meals

Highlights: Fairbanks, Sternwheeler Discovery, Music of Denali Dinner Theatre, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Inside Passage.

Inside Cabin Rates: Double, \$5,399; Single \$8,399. Outside Cabin Rates: Double, 6,599; Single, \$10,449. Included in price: round trip air from Logan Intl Airport, air taxes and fees/surcharges, hotel transfers. Not included in price: cancellation waiver and insurance of \$280 per person.



Mackinac featuring The Grand Hotel

September 21-28, 2018, 8 Days, 11 Meals

Highlights: Chicago, Millennium Park, Traverse City Winery, Charlevoix Mushroom Houses, Mackinac Island, The Grand Hotel, Frankenmuth, Greenfield Village and Henry Ford Museum. Rates: Double \$3,399; Single \$4,499; Triple \$3,349.

Included in price: round trip air from Logan Intl Airport, air taxes and fees/surcharges, hotel transfers. Not included in price: cancellation waiver and insurance of \$250 per person.