



**Baystate
Health**

every
Woman[™] 

Published for members of the Every Woman Program at Baystate Health

**Radical Self-Care:
A Key to Empowerment**

**It's The Most WonderFALL
Time of the Year!**

Pre-Holiday Seasonal Shopping

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.

RADICAL SELF-CARE:

A Key to Empowerment

Tuesday, October 9, 5 – 8:30 pm
 Quonquont Farm & Orchard, 9 North Street, Whately, MA



The word self-care is everywhere these days. Doctors and the media warn us about the risks of too much stress and not enough care. It seems like everyone is talking about stress and self-care, but what does any of it really mean? Even more importantly, how can we create the space in these challenging times to de-stress and nurture ourselves?

Join **Nathalie Fischer-Rodriguez, LCSW**, Oncology Social Worker, Baystate Franklin Medical Center, for a discussion about the meaning and importance of “radical self-care.” Nathalie will provide education about the connection between self-care and women’s empowerment. She will also share insights on the power of mindfulness and guide us through techniques intended to soothe and nourish the body, mind, and heart.

To register: <https://selfcareempowerment.eventbrite.com> or call 1-413-794-5200.
 Fee: \$20 for Every Woman members, \$40 for non-members.

Agenda

- 5-6 pm Social and networking on the Quonquont Farm patio overlooking the farm with health information & cash bar
- 6-7 pm Dinner
- 7 pm Learn more about 3-D mammography with Baystate Franklin Medical Center Radiology team.
- 7:15-8:15 pm Radical Self-Care: A Key to Empowerment with Nathalie Fischer-Rodriguez, LCSW.
- 8:15 pm Raffles

Menu

- Hot & Cold Hors D’oeuvres
- Fresh Garden Salad
- Chicken Picatta with Lemon and Capers
- Vegetable Lasagna
- Toasted Farro with Garlic Braised Kale
- Green Beans
- Rolls & butter
- Coffee, Tea, Decaf
- Delicious Fall Dessert

Directions

From I-91 take exit 24 onto Routes 5/10 south into Whately. Take the first right onto Swamp Road, then right onto North Street. Quonquont Farm is on the left at 9 North Street.

From Routes 5/10 North in Whately, turn left onto Christian Lane. Follow uphill to intersection with North Street. Turn right. Quonquont Farm is on the left.

Caution! Some GPS units confuse 9 North Street in Whately with North Street in South Deerfield or Haydenville. Please follow the directions above if your GPS does not lead you to Whately.

Separating Fact from Fad: Gluten Free Diets

Monday, October 22, 11:30 am-1 pm
Baystate Mary Lane Outpatient Center
85 South St, Ware



People are on gluten free diets, either due to celiac disease, gluten intolerance, or because they think it's healthier. Celiac disease is far more common in women than men; current research indicates that 60% to 70% of those diagnosed with celiac disease are women. Learn the facts about gluten, a gluten free diet, and all things gastrointestinal with **Dr. Harbir Sawhney**, gastroenterologist, Baystate Medical Practices-Mary Lane Gastroenterology. A gluten free lunch will be served. Registration required: <https://glutenfreediets.eventbrite.com> FREE!

It's The Most WonderFALL Time of the Year!

Pre-Holiday Season Fun & Shopping!

Wednesday, October 24, 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, TJ, and receive health information from Baystate Franklin Medical Center providers including special guest Deb Provost, Chief Nursing Officer & Chief Operations Officer, Baystate Franklin Medical Center.

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 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!

Self Care Through the Holidays

Tuesday, December 11, 6-7:30 pm
Baystate Franklin Medical Center, 164 High St, Greenfield



Along with the joy of the holidays, can also come stress, disappointment, and overindulgence. It isn't easy to keep healthy during this time of year. Join **Cheryl Pascucci, RN, MS, FNP-BC**, Baystate Franklin Medical Center, for a discussion that addresses stress, the science behind it and how to cope with it. Healthy refreshments served. To register: [Eventbrite.com](https://www.eventbrite.com) or call 413-794-5200. FREE!

*"During Remy's
delivery, we felt
comfortable
and supported
during the
entire journey."*

*-Jillian Minor, First-Time Mother
(Hatfield, MA)*

At The Birthplace at Baystate Franklin Medical Center,
we are dedicated to supporting you and your baby during
one of life's most momentous times.

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, cared for and safe.

At The Birthplace, you and your child will:

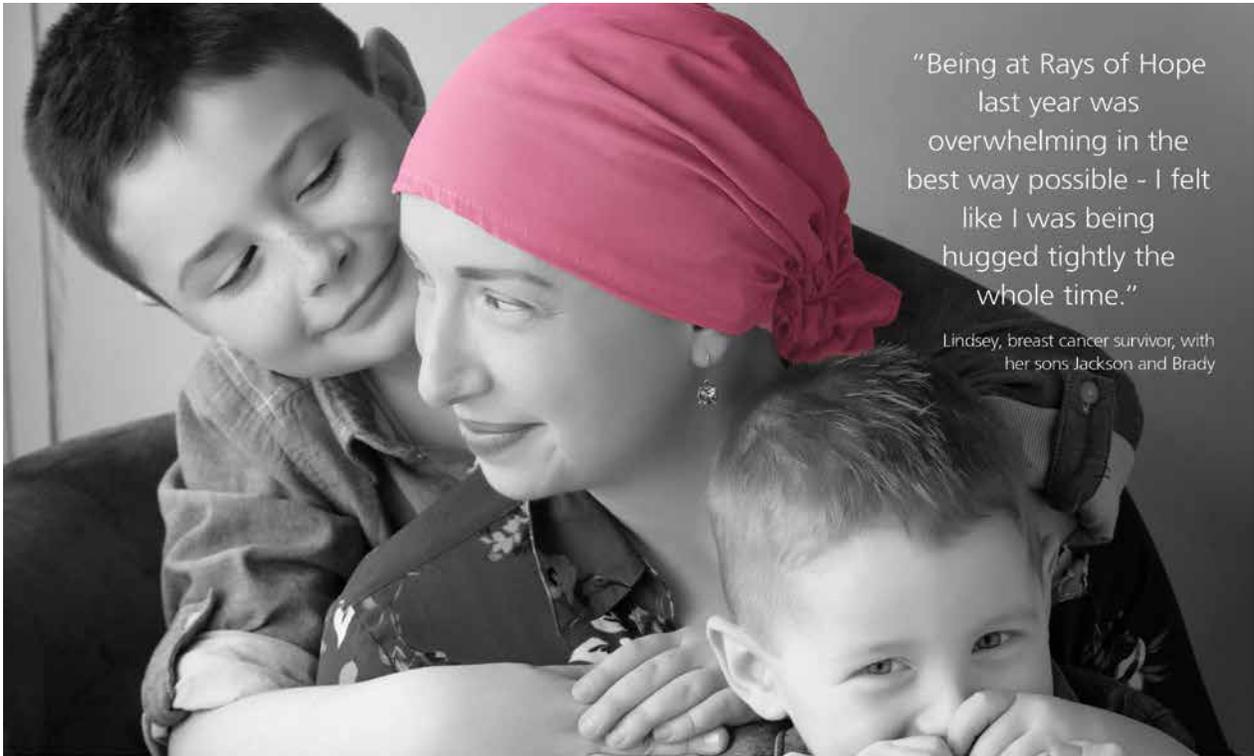
- Experience high quality, safe care from our certified nurse-midwives, board-certified obstetricians, and highly skilled nurses
- Partner with your care team to develop a birthing experience that meets your needs and desires
- Relax in our spa room where you can enjoy your own music and dimmed lighting while soaking in our Jacuzzi tub
- Have access to immersion tubs for laboring and water births, including our newest water birthing room
- Stay in a private suite overlooking views of Franklin County
- Be supported by massage therapists, lactation specialists and other onsite resources
- Enjoy a complimentary celebration meal with your partner

To begin your journey at The Birthplace or to tour our
facility and newest water birthing room,
call 413-773-2359 or visit [baystatehealth.org/thebirthplace](https://www.baystatehealth.org/thebirthplace)

Baystate  Franklin Medical Center



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“Being at Rays of Hope last year was overwhelming in the best way possible - I felt like I was being hugged tightly the whole time.”

Lindsey, breast cancer survivor, with her sons Jackson and Brady

We walk and run for the survivors, for the fighters, for the research and for those we carry in our hearts. Make the #ROHPinkyPromise, start fundraising, and join the movement on Sunday, October 21st with more than 20,000 others in celebration of the 25th anniversary of Rays of Hope Walk & Run Toward the Cure of Breast Cancer.

#ROHPINKYPROMISE
JOIN THE MOVEMENT

25
 1994 2018
Rays of Hope
 Walk & Run Toward the Cure of Breast Cancer
 Baystate Health
baystatehealth.org/raysofhope